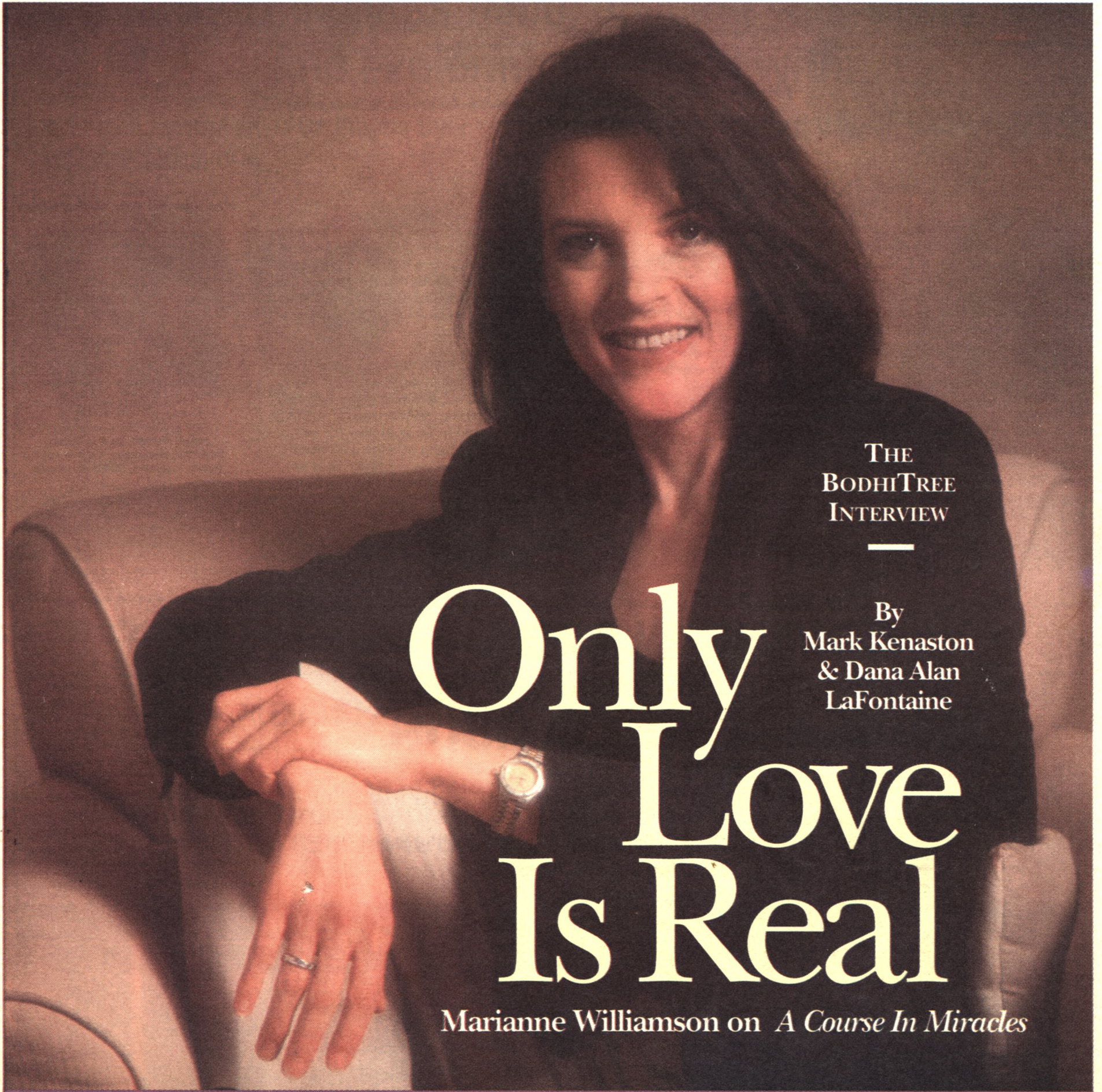




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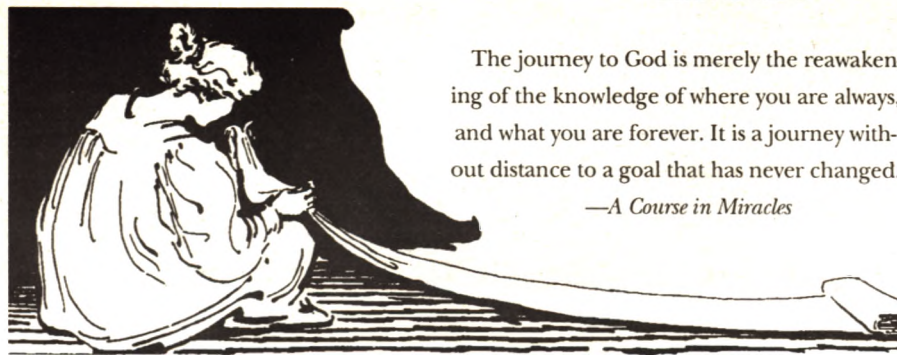
THE
BODHI TREE
INTERVIEW

By
Mark Kenaston
& Dana Alan
LaFontaine

Only Love Is Real

Marianne Williamson on *A Course In Miracles*

The Quarterly Bookstore by Mail



The journey to God is merely the reawakening of the knowledge of where you are always, and what you are forever. It is a journey without distance to a goal that has never changed.

—A Course in Miracles

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*Cover photograph
of Marianne Williamson by Vince Vallot*

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TO ORDER—PLEASE SEE THE BACK COVER

UNDER THE BODHI TREE

Marianne Williamson, the subject of our interview in this issue, has received a phenomenal response to her first book, *A Return to Love*. With that success has come increased media attention, but you wouldn't necessarily know it from the mainstream press that she has some very important and profound ideas to communicate to us. There are exceptions, of course, but lately many journalists, in pursuit of celebrity or controversy, have overlooked her role as a genuine teacher of spiritual matters. Though her life and celebrity status, in some aspect, may be a legitimate story, matters of the spirit, like many complex issues, are almost by definition incapable of being taken seriously by the mass media. Those of us who seek a deeper understanding have to keep in mind what Nicholas von Hoffman once said, back when papers were cheaper, "Whoever said you could get the truth for a quarter?"

Because she's touched so many people in her work, we're glad we can provide this forum for Marianne Williamson to

speak to us about *A Course in Miracles*. The *Course* has met with the open minds and open hearts of a wide range of people, from Buddhists and Jews to Lutherans and transpersonal psychologists, and it's our hope that you'll find the interview with Marianne as thought-provoking and inspiring as we did.



The first issue of the this catalog was a big success, and we'd like to say thanks to all of you who have phoned, written or stopped by to say how much you appreciate receiving this catalog.

We've had orders come in from all over the world, and it pleases us to know that we can provide a service for those of you who can't make it to see us in person. This issue features a selection of the most interesting and fascinating books to be published over the last few months. Our summer issue, due out in early June, will include more new titles as well as our basic books backlist, completely revised and updated. Enjoy this issue, and as always, we look forward to receiving your comments and feedback.

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*The heights by great men reached
and kept
Were not attained by sudden flight,
But they, while their companions
slept,
Were toiling upward in the night.
—Longfellow*

BODHI TREE NEWS AND INFORMATION

OUR NEW AREA CODE—310

Pacific Bell is still in the process of splitting the 213 area code in two. As of November 2, 1991 the Bodhi Tree has been using the new 310 area code. At the present time there is a grace period during which you may still complete your call by using 213. However, after May 2, 1992, calls dialed with the old area code will not be completed and you will only be able to reach us by using the new 310 code.

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A book signing at the Bodhi Tree with
MARIANNE WILLIAMSON

Author of

A Return To Love: Reflections on the Principles of A Course In Miracles



\$20.00, Hardback, HarperCollins Publishers

Monday April 6, 1992

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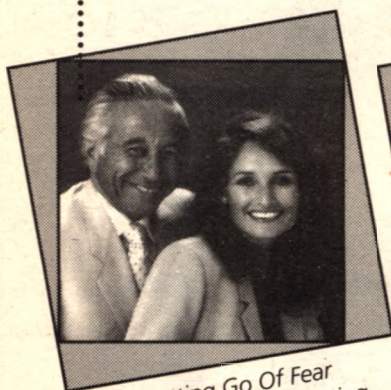
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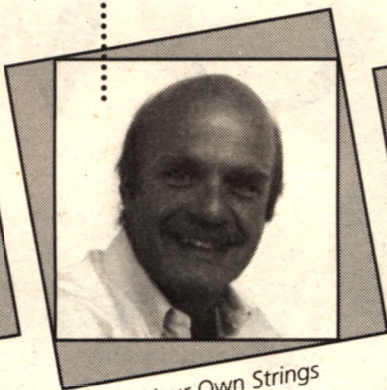
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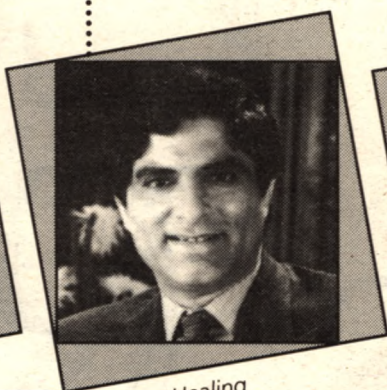
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Love Is The Answer: Creating
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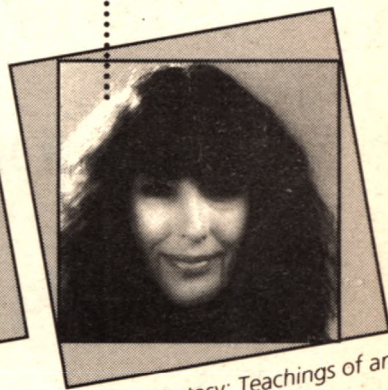
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THE
BODHI TREE
INTERVIEW

By
Mark Kenaston
& Dana Alan
LaFontaine

Only I Love Is Real

Marianne Williamson on *A Course In Miracles*

Just as there are always new students yearning for spiritual teaching, there are also new teachers who come along to teach and guide them. At the moment, no teacher is as omnipresent as Marianne Williamson. The meeting place of student and teacher in this case is *A Course in Miracles*, a self-study course of spiritual therapy designed to help change one's perceptions. At the heart of *A Course in Miracles* are the universal spiritual themes of love and forgiveness, along with a set of lessons that guide the mind to a place of true and lasting peace. Though the *Course* uses Christian terminology (in a non-traditional manner), people of all faiths have found that it speaks to their needs in a profound way.

A Course in Miracles was received and taken down over a seven year period by Helen Shucman, a highly respected research psychologist, who heard a "voice" dictating the material to her. The *Course* was first published in 1975, but Shucman's authorship remained anonymous until after her death in 1981. It consists of a *Text* that discusses theoretical concepts, a *Workbook for Students* with daily lessons, and a *Manual for Teachers*. Many thousands of students have studied the *Course* since its publication.

Marianne Williamson was one of those devoted students whose need for spiritual instruction was



“The greatest thing
a human soul
ever does is to
see something
and to tell
what it saw
in a plain way.”

—John Ruskin

matched by the power of the eternal truths contained in the *Course*. As her understanding of its lessons grew, she made the transition from student to teacher (but as the *Course* points out, all of us are teachers and pupils of each other) and began leading discussion groups. She eventually began speaking to larger groups, and now, after nearly a decade of lecturing, she's written *A Return to Love*, her first book, in which she reflects on the principles of *A Course in Miracles* and shows how they can be applied to daily life. As she notes in the interview below, her goal is to ignite a passion in her fellow students that allows them to see love as the only true reality rather than focusing on the fear-based needs of the ego.

Williamson has been busy of late with book signings, lectures and her work for the New York and Los Angeles Centers For Living, non-profit organizations she founded which provide free non-medical services to people living with life-challenging illnesses and grief. The L.A. Centers Project Angel Food prepares and delivers hot meals seven days a week to hundreds of homebound people with AIDS.

She recently took time from her busy schedule to speak about *A Course in Miracles*, the prospects for healing in our modern society, and our need to reacquaint ourselves with some fundamental truths.

You've been quoted as saying that your interpretation of the Course in Miracles isn't the only way to access the Course. How would you

describe your approach?

I'm an orthodox interpreter, but one who is interested in contemporary and practical issues. I don't think of myself as a liberal interpreter in terms of the principles of the *Course*. Sometimes modern seekers try to change the wording in primary source material to make it a little bit easier. I don't mean easier to understand—but to practice. So in that sense, I'm a literal interpreter of the *Course*.

The *Course* says that love is real and nothing else exists, and there's no getting around that in staying true to the *Course*. I try to apply those principles to various issues in our lives such as work, relationships, and health. But, in terms of applying the specific principles of the *Course in Miracles*, I think that I'm rather orthodox.

Let's say we're approaching the Course in Miracles for the first time. How would you describe a miracle? Are we talking about walking on water or parting the sea?

Absolutely not. A miracle is defined in the *Course* as a shift in perception from fear to love. The *Course in Miracles*, along with many other paths, teaches us that thought is the creative level of existence and that thought manufactures experience. When thought is loving, then we experience loving; but when thought is not loving—and the *Course in Miracles* defines the lack of love as fear—then fearful thought produces fearful experience. The process of cause and effect is the basic

law of human consciousness. If we so choose, however, we can change our thoughts from fear to love. And as we change our thoughts, then experience changes accordingly. The *Course in Miracles* says love is real because it is God, and God is all that exists. 'What is all-encompassing can have no opposite.' So anything that is not loving is actually an illusion. This is very Buddhist in feel.

Is this what the Buddhists describe as the absolute?

Yes, and this world of maya is illusion. The only way to get off the wheel of suffering is to rise above it. You don't even try to work within the illusion—you transcend it. The Zen mind is very much what the *Course in Miracles* is talking about, or what in Christic-philosophical terms is known as 'being as a little child.' Little children don't assume that they know what things mean, so they inquire. In Zen Buddhism they say 'if your rice bowl is full, the universe can't fill it'—if you think you know, you're not teachable. So one of the exercises in the *Course* says, 'give up everything that you think you know, forget everything that you think you know, forget your ideas of good and bad—forget this *Course*. And come with empty hands unto your God.' It's training, in a sense, in emptying your mind.

So in a way, a miracle is an open mind.

I think most of us, if we are honest with ourselves, realize that it would be a miracle

to be as open minded as we'd like to be. Those of us in the spiritual community have to be on guard because the ego will use spiritual material as well as anything else. Look at all the consciousness bullies out there, 'I'm better than you because I'm a spiritual seeker' or 'I'm different than you because I'm a spiritual seeker' or 'My spiritual seeking is better than yours' or 'You should be doing spiritual seeking.'

This phenomenon exists within many spiritual communities and traditions. As Buddhist practitioners, we hear the difference between the Hinayanists (Theravadins), the Mahayanists and the Vajrayanists. This is good, this is better, but this is best. It seems to us that this may be self-defeating and missing the point.

I've never really understood the competition that people have regarding spiritual literature. I've never felt that I'm insulting Aretha Franklin if I listen to Frank Sinatra today.

It seems to happen when the ego takes up the practice. The ego is a hardened shell.

Right, the ego is concentrated on form rather than content. All religions are different in form, but the content is the same. I think that the *Course* attracts so many people because it's dealing with the universal spiritual themes that are inherent in all great religions—this sort of truth with a capital T idea. It's part of the whole synthesis and healing that we're striving for in this decade—not

where things are different, but where they're the same.

Many Westerners have traveled to the East in search of a mystical tradition that appears to be missing from institutional Christianity. Having read Thomas Merton, it seems that there must be a surviving mystical vehicle to be found in the Western traditions.

Christian theology is a context which holds for the mystical experience, although too much conservative American presentation of Christian theology lacks the method.

There are other religions that emphasize more contemplative disciplines.

There is a mystical tradition within Christianity, as there is a mystical tradition within Judaism and all the other great religions. If you don't go to a well, you can't blame the well. If you don't go very deep into the well, you can't blame the well. The depths are there in Christianity, because the early Christians—the Gnostics—said it all. There are many books at the Bodhi Tree about esoteric enlightened Christianity. It's not that Christianity doesn't have it, we just haven't plumbed those depths. There's a difference.

Do you think that those depths have been ignored or even maintained?

Has there been an ego conspiracy to ignore it? Yes. But no more than there's been an ego conspiracy to ignore love anywhere in the world. Pointing fingers at the Christian religion is missing the point. We have conspired ourselves to avoid God—period. Here and everywhere. You could say the same thing about America. We are founded on the most sacred of principles of government. Whether or not we look to those, and hold those, and celebrate those, and enliven them with every generation is a separate issue. I guess what I'm saying is that we're the ones who have turned our backs. It's not as if somebody locked the door.

We're wondering what the attraction to the East has been all about. If the method still exists in the Judeo-Christian tradition, why are some of us looking 'outside' for what is already here? Do we just get bored or tired of what we know? Or maybe, 'I tried Christianity and it didn't work for me.'

Hold it, let's go a little slower. You were talking earlier about the tradition of solitude, the contemplatives, etc. It is true that most of us have become very 'outer' oriented. It's the nature of the Western mind and American society. I don't think that it's so much that the outer orientation of American society reflects a lack of religious training or tradition, but what came first—the chicken or the egg? Does the neurotic external orientation of American society reflect the lack of true spiritual sustenance given to us from our religious traditions? Partly. On the other hand, part of the reason these religious traditions have become such superficial vehicles is that society has dictated that that's all it wanted. 'I want you to stay as superficial as I'm comfortable with.' Once again, it's very important that we all take responsibility for the fact that it's our own consciousness that defines all of this for us.

Our egos?

Right. This is an issue that's much deeper than any nationality. It has to do with the whole development of human consciousness and how we've become oriented towards the ego and our fear of God.

Do you think most people are capable of seeing that the ego is a 'house of cards' and may be more of a hindrance than a help? It appears that many people are much more interested in finding ways to strengthen ego. Modern psychology emphasizes the need for a strong and well developed ego.

From a *Course in Miracles* perspective, it's definitely possible for people to return to God. The only question is how long we take to get there. It's God's will that we return to him. The *Course* says that God's will has never not been done. The fact that Jesus and others have been healed through the Holy Spirit and reach an egoless state means that anything achieved by any of us becomes poten-



A Return To Love

Reflections on the Principles of A Course in Miracles

By Marianne Williamson

\$20.00. cloth. 260pp. ISBN 0060163747.

Book on tape also available:

\$16.00. two cassettes. ISBN 1559945532.

As Marianne Williamson explains in her book, we were born with a natural tendency to focus on love. Our imaginations were creative and flourishing, and we knew how to use them. We were connected to a richer world, a world full of enchantment and a sense of the miraculous.

So what happened? Why is it that we reached a certain age, looked around, and the enchantment was gone?

Because we were taught to focus elsewhere, on fear instead of love. We've been taught since we were children, Williamson says, that we're separate from other people, that we have to compete to get ahead, that we're not quite good enough the way we are. We were taught to see the world the way that others had come to see it, full of fear, without gentleness or hope.

A Return to Love, then, is a spiritual travel guide for our journey back to the truth we were born with. This journey is a process, psychologically and emotionally, in which we surrender all preconceived notions of how we live our lives and why. As we let go of the ego control that has ruled us for ages, we learn a different kind of knowing. And when we relinquish the fear that has been accumulating for years, we allow back into our hearts the love we've been denying. Based on the teachings of *A Course in Miracles*, this book is about the practice of love as a daily answer to the problems that confront us, whether our psychic pain is in the area of relationships, career, or health.

Marianne Williamson calls for us to return to the world we knew as children, when we were still connected to our softness, our innocence, and our spirit. It's actually the same world we see now, but informed by love, interpreted gently, with hope and faith and sense of wonder. This world is retrievable, because perception is a choice. *A Return to Love* will show you how to change your perceptions to realize a world of love.

Recorded Lectures of Marianne Williamson

There are many audiocassettes available of Marianne Williamson's lectures that are based on *A Course in Miracles*. Listed below are just a few of the more than 50 tapes stocked by the Bodhi Tree. A complete list is available upon request.

Aids/Radical Healing

\$7.50. cassette. ISBN 9990136084.

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Forgiving When It's Difficult/Illusions of Loss

\$7.50. cassette. ISBN 9990136270.

Introduction to A Course in Miracles—Intensive

\$11.00. cassette. ISBN 9990121044.

Self Esteem & Vulnerability/Loving Yourself

\$7.50. cassette. ISBN 9990136505.

tially accessible to all of us. I once heard Terry Cole Whittaker say 'Jesus went ahead and he's saving a parking place.' That was a very good line, we will get there. The issue is—do we choose to go now or do we choose to delay?

Is this similar to the Buddhist idea of the Wheel of Life? You stay on the wheel until enlightenment.

Yes, but Jesus came after the Buddha and said that in a moment of grace all karma is burned. Which is the same thing as saying that miracles collapse time. If we want to continue action-reaction/action-reaction, stay in our fear-laden ways and manifest an Armageddon—a nuclear holocaust—we can do that. But even if we do and there are five people left at the end, those five would have gotten the point. We can do that. Or, we can choose now.

This is Buckminster Fuller's theory of the 'critical mass', the 'hundredth monkey' theory, or what the *Course in Miracles* calls the 'celestial speed-up'. It's interesting what's happening right now. Enough of us are suffering our own personal Armageddons that when we're conscious we can say 'Okay, I've suffered, you've suffered, everybody I know

has suffered.' If we just learn the point now, we can bypass the need for the collective Armageddon. It's not God's will that we suffer longer, the question is not 'How long O Lord, how long?' Instead, God is asking us, 'How long are you going to keep doing this to yourselves?'

The title of your book is *Return to Love*. It sounds great, but is this a practical goal? Many of us are content to just get through the day without venting our bottled up anger. How can we make this shift in attitude from anger and frustration to love?

Through forgiveness. The *Course in Miracles*' definition of forgiveness is not the traditional definition of the term. Ordinarily forgiveness is something you do when somebody has been a jerk, but now you are 'spiritual' now so you forgive them. The *Course in Miracles* calls that more judgment, an arrogant perception. Real forgiveness is recognizing that only love in people is real, that's the crux of the *Course*.

The *Course* says there are only two emotions—love and fear. Fear is interpreted as a call for love. It takes a lot of discipline and practice to see that fear is actually a call for love, that I don't have to limit my percep-

tions of this person to what my physical senses tell me. Instead, I can extend my perception beyond what my physical senses perceive to what I know to be true in my heart. What I know to be true is that you are a beloved, innocent child of God who is my brother and who is One with me. In your fearful state, you have merely fallen asleep to who you are. It's my job as a miracle worker to remain awake.

The story of Pollyanna is very interesting. Pollyanna is a very powerful symbol and the ego knows this, which is why she's invalidated in this culture. It's ironic that when people want to insult you or in some way invalidate your spirituality, they say 'You're just being a Pollyanna.' If you read the story you notice how powerful she was. She walks into a situation where everyone has been in total hell for years and the old lady's obnoxious and the old man's unhappy and everybody is in this terrible dysfunction and unhappiness. She's there for what—two weeks? In the end, the whole situation is turned around.

She didn't go into denial and refuse to see the reality of the situation. Her consciousness was the space for the creation of a radical shift in circumstances. That's because she didn't relate to the fear in people, she related to their love. She held her own mind open to the truth. In her presence, people could see the truth more clearly themselves. This is the gift of Jesus to us, or any other enlightened master, because they see us in our own true state. So when we're around them we can see it more clearly ourselves.

As you know, 'Codependency' has become something of an industry lately. Books such as *Women Who Love Too Much* have been very popular. But is it really possible to love too much, or are we talking about something else here?

She's not really talking about love; she's really talking about something else, but I suppose the ego loves sound-bites. Love that is given to get something isn't love. So when people say, 'I've loved too much', what they really mean is they didn't get the return on an investment or demand.

We'd really love to hear you expand on this idea of codependency.

I want to be careful here.

Don't worry, we won't use anything against you (laughter).

I hope you use that line. I want to be careful here, because original source material is extremely pure. Sometimes it gets bastardized and people tend to then blame the original source material. It's like blaming Jesus for Christianity. There are people who talk about the *Course in Miracles* in a certain way that I understand why others would get the wrong impression of it.

I'm a big fan of the twelve-steps, I do think that they came from the same source as the *Course in Miracles*. I think that the twelve steps came from a thought system beyond our own and I see it as a sacred tradition. I see it as an indigenous American spirituality.

Given that, I agree with you. The ego will use anything and sometimes there's a tendency to use 'recovery' as justification for selfish behavior. There is also a temptation these days to focus on the past as justification for not awakening to the present. Ultimately our pain in life does not come from what we weren't given in the past, but from what we're not giving in the present.

Fritz Perls said that awareness is curative and if you have true insight into your present dilemma then the cure happens. It can't really be manufactured.

Absolutely, I always say that we heal by noticing.

You become aware of your predicament.

And that's the first step. What I talk about in my book is that you have to become aware; there are two steps that are necessary. You must become aware of the dysfunctional pattern, and then you have to ask God to take it from you. Just becoming aware of it is not enough. If you are looking to yourself to heal it, it's you against you. Just asking God to

heal you without being willing to become aware is not enough. It would be violating your free-will for him to take something from you that have not given to him.

Many times, people in my lectures will say things and I realize that the value in that moment was not in saying something so I would give them an answer. Rather, the value was for them to say something in front of an audience in fellowship. Owing what it is they do. That was really the step that was necessary for them—that they could say it in public. My only job is to say that I acknowledge you for what you just did.

Could you talk a little bit about your role as a teacher? And what is the relationship of a teacher to the Course in Miracles?

The *Course in Miracles* says that we're all students and we're all teachers—I'm no more a teacher than anyone else. What makes me a teacher of God is not that I teach metaphysical principles. What makes me a teacher of God in *Course in Miracles* terms is that I'm trying to be a more loving person everyday.

In the *Tao Te Ching*, Lao Tzu says that a leader is not someone who thinks of himself as a leader; he is someone who considers himself a follower. In the Eastern tradition, the guru never calls himself a guru. I think that it's very important for Americans to respect teachers, but in terms of how I hold myself—first and foremost, I'm a student. There's no point at which you say that I'm a teacher now. If you do, I think you'd better look again, it sounds slightly ego-filled to say, 'Oh, now I'm a teacher.'

The *Course in Miracles* talks about what it means to be a messenger of God. The *Course* says that you are not like a worldly messenger who takes an envelope and passes it on and has no personal connection to the message. To be a messenger of God, you can only give it to the extent that you've received it for yourself.

I said something last night in a lecture that felt right to me. The good teacher is not necessarily the best scholar of the material, but the one who helps you access the passion behind it the most. If you take a Russian literature class, the great professor is the one that helps you access the power and the passion of Dostoevsky. At the same time he's not claiming to be Dostoevsky.

You get people excited about the Course in Miracles. You're a cheerleader of sorts.

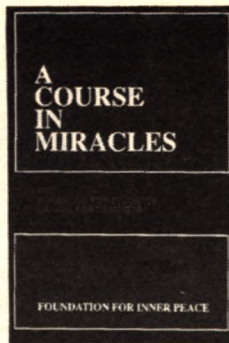
Exactly. I find it easy to get people excited about the *Course*. I think of myself as a facilitator or a kind of midwife. When a baby is born, it travels down the birth-canal to the end and the midwife or doctor is ready to catch it. That's my job. I don't have anything to do with this birth of awareness, but hopefully, when you get real close to the opening, I can help pull it out.

I also see myself as a sort of aerobics instructor. The aerobics instructor goes through the moves with you and that's one of the ways he or she stays in shape, but she can't do the moves for you. Nor do I claim to.

We know that recently you have taken some shots from the press. Is this related to a notion that you've set yourself up as a teacher? They see you on the podium teaching and think 'she's up there passing herself off as a teacher, but she's not perfect herself.'

Most of the people who say that have never heard me work. I'm the first person to get up and say 'Ah, I got angry in the office the other day—I can't believe I did that!' And then talk about it. I'm reminded of the AA saying, 'Contempt prior to investigation'. There are many issues involved here.

There's a tremendous crisis of leadership in this country. The director of the film is not necessarily someone who is the smartest or most brilliant person on the set, but someone's got to be the one to make the final decisions. Many of the criticisms about me have to do with how I am in the office settings with the center. You make decisions.



A Course in Miracles

By the Foundation For Inner Peace

\$40.00. cloth. (3 vols.). ISBN 0960638806.

\$25.00. paper. (3 vols.-in-one). ISBN 0960638822.

A Course in Miracles is a three-volume set of books, a self-study course designed to help change one's perceptions. It was taken down over a seven year period by Dr. Helen Shucman, a highly respected research psychologist, who heard a "voice" dictating the material to her.

Focusing on modern psychology and a renewed understanding of Christianity, the *Course* deals with the major personal issues that confront the heart and mind: understanding anger and pain, learning forgiveness, giving and accepting love, and attaining a true and lasting peace of mind.

A Course in Miracles (Complete on Audiocassette)

By the Foundation For Inner Peace, Kellie Love, Narrator

\$140.00. 42 cassettes. ISBN 9990026378.

This is the complete text of *A Course in Miracles* on 42 cassette audio tapes.

A Course in Miracles Deck

Workbook Lesson Cards For Students

By The Foundation For Inner Peace

\$21.00. Boxed Cards. ISBN 9990005427.

These cards contain the workbook lessons from Volume 2 of *A Course in Miracles*. They are designed for easy access and allow the student to focus on one lesson at a time.

You say yes—or you say no—and then you're very unpopular and may hear the next day how abusive you were. This is tied with the codependency thing, the parent-bashing; it seems that everyone is being bashed these days. It's terrible what's going on in America.

This topic is especially interesting to us because we've been dealing with these very issues at the Bodhi Tree.

'Oh, if you're so spiritual, how can you tell me what to do?'

Exactly, these issues of parent/child control.

Control versus responsibility. People are made to feel guilty for making a rough decision. There are two things. First of all, I don't think that it's as hard for men as it is for women. If a man does it he's a good leader; if a woman does it she's a bitch. But, the second part is when somebody does make a difficult decision, it's somehow contrary to a spiritual life. That 'Spiritual' means you always say yes. You know, the Holy Spirit always gives the loving response, but the loving response is not always yes.

A society heals in the same way that an individual heals. As you and I were saying, you cannot heal without first taking the responsibility for the dysfunction and realizing what you are doing. America will not heal economically or in any other way until we're honest with ourselves. One of the things that we've got to admit to ourselves is that we have become satisfied with mediocrity on a level that is frightening. So if anyone in the office stands up and says no, it's not okay for this work to be sloppy, they hear from the employees 'You are an abusive boss!'

These are issues that we're all dealing with—responsibility and maintaining a level of excellence on the personal and societal level. Being willing to take a stand for something you believe in, even if unpopular, and being willing to take the heat.

Absolutely. The men's movement is realizing that some men have become too soft. Maybe there should be another word than 'soft,' because when applied to gentle it's wonderful. When you apply it to a muscle that hasn't been exercised it's not so wonderful.

Maybe we've taken this 'soft' or lack of firmness to the extent that we just don't care about or feel strongly about things anymore?

And it's masquerading as spirituality in some cases or 'letting things flow.' And again, that's what some of this criticism is 'If she's so spiritual...'

Why is she getting down on people?

Yeah.

We're reminded of the Zen saying, 'True freedom is gained through discipline.' An unfocused mind is bouncing off the walls. The Zen master uses the stick sometimes to raise the level of the student's awareness when he or she is falling asleep.

“The
Holy Spirit
always gives
the loving
response,
but
the loving
response
is not
always yes.”

Occasionally I'm criticized because I don't coddle people in my lectures. In this work, you're not here to get people to like you, and they may leave not liking you. Six weeks later they may remember something that you said and realize that it was right. And that's the job. That's the responsibility. If you come into my lecture, my agreement is not that I will do my best to get you to like me—it's easy to say things that make people happy—but my role is to help you stretch the envelope.

That's the art of teaching; there has to be slight discomfort. This is true of therapy or any other growth activity. There has to be a slight level of discomfort or you're not stretching beyond the constrictions where you currently remain. If the

teacher goes too far, then the student feels terrorized and there's learning failure. There have been times when I've missed a beat, there have been times when I've gone a little too far, but that's the art and craft of teaching. You always want to go just far enough. The art is: 'Just how far can I go with this person. Do I approach him emotionally? Do I approach him intellectually, or do I just shut up?'

This issue reaches into all learning. There's a fine line between challenging and crushing a student. When you were a child in school, were you challenged or crushed?

Crushed.

Many are.

I think that one of the major issues that we

Americans have to address is our unbelievable lack of respect and concern for the way we care for children. And how that's reflected in some of our school systems.

It seems that we send our children off to school to be 'educated,' not taking responsibility sometimes for taking an active role in our own children's development.

The best and the brightest in America should be our school teachers. We need to wake up to the fact that our children are our most precious national resource. Shame on us that we would spend so much money on the Minuteman and so little on our children.

What do they say? 'Smart bombs—Stupid Kids.' To shift gears a bit, we're wondering what you think of the notion that we're moving towards some kind of 'world religion.'

The *Course in Miracles* says that a universal theology isn't necessary or possible. A universal experience is what we're moving towards.

The Dalai Lama has related the world's various religions to food choice, there's a variety because people have different preferences and nutritional needs.

Religion is just a road home; it's not the home; it's not the destination. The *Course in Miracles* is not trying to get you to have faith in the *Course*, it's trying to get us to have faith in one another.

That would be a miracle, wouldn't it?

The *Course* looks forward to the day we don't need the *Course*. It's not trying to perpetuate itself.

Do you feel that we are moving towards that day? It's easy to look around us and become despondent.

I think cynicism is an excuse for not helping. I think that hope is born of participation in hopeful solutions. I feel very positive, I feel very optimistic about the world.

Is this where faith comes into play? In spite of the appearance that our world is going to hell, we cultivate optimism on the faith that if we do, things will improve.

No. The *Course in Miracles* says that these ideas become true for you as you do them. You invoke what it is you want to see, consciously. You see, some people think that faith in God is separate from faith in people. So, if you don't have faith in people, your faith in God will not seem justified. Put your faith in people, à la Pollyanna, and then invoke this faith in people that allows you to see the love in people rather than just the fear. And your faith is justified because you yourself played your part. When you say you see faith justified, what you are really seeing reflected back is that you decided to do your bit today. If you do your bit today, you will feel more hopeful. Everybody's thinking that 'I'll be more faithful if I see something outside myself,'—there is no outside ourselves.

That is the ultimate knowledge, that there is nothing outside yourself. One of the radical aspects of the *Course in Miracles* is that there is no relationship with the Father outside the relationship with the Son. So you can't have faith in God without the faith that you have with his Son, because that is where he is.

So you have faith in the goodness in people. It's all choice. I choose to have faith in people because it's my way of creating a world in which my faith is justified. If I refuse to have faith in people, then it's my way of casting my vote for a world which reflects back that I was right. No matter what—you are going to be right! The *Course in Miracles* says that projection makes perception. The *Course* says that you decide what you want to see and then you see it. But it happens so quickly that often times we don't see it take place.

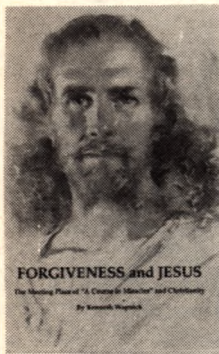
You don't have to be an enlightened master to begin the work. I don't claim to be further along than I am, but I'm far enough to take adult responsibility for my role on the Earth. Once again, we get back to the problem with our generation that we're in this major post-adolescence. I don't know how old we think we're supposed to be before we stand up and own some wisdom.

This page contains a complete listing of books related to *A Course in Miracles* that are stocked by the Bodhi Tree.

Accept This Gift

Selections from A Course in Miracles
 Edited by Frances Vaughan & Roger Walsh
 \$12.95. cloth. ISBN 0874772842.

Some of the most evocative, thought-provoking, and spiritually nourishing selections from the *Course*.



Forgiveness and Jesus
The Meeting Place of A Course in Miracles and Christianity
 By Kenneth Wapnick
 \$16.00. paper.
 ISBN 0933291019.

Kenneth Wapnick explores the meaning of love and forgiveness, the teachings of the New Testament, and Jesus as a teacher

and model.

A Gift of Healing

Selections from A Course in Miracles
 Edited by Frances Vaughan & Roger Walsh
 \$12.95. cloth. ISBN 0874774233.

This anthology explores the universality of human suffering and the desire for healing.

A Gift of Peace

Selections from A Course in Miracles
 Edited by Frances Vaughan & Roger Walsh
 \$12.95. cloth. ISBN 0874773989.

This volume provides a tool for finding peace in our hearts and minds and projecting it into the larger world.

Goodbye to Guilt

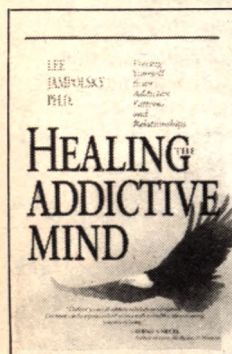
Releasing Fear Through Forgiveness
 By Gerald G. Jampolsky
 \$9.95. paper. ISBN 0553345745.

How to let go of fear and guilt, forgive others, and accept genuine love through changes in our perceptions.

Gifts of God

By Helen Shucman
 \$19.95. cloth. ISBN 0890875855.

A collection of inspired poetry by Helen Shucman, the woman who took down *A Course in Miracles* as it was dictated to her by an inner voice.



Healing the Addictive Mind
Freeing Yourself from Addictive Patterns & Relationships
 By Lee Jampolsky, Ph.D.
 \$9.95. paper.
 ISBN 0890876231.

Based on teachings from the *Course*, Lee Jampolsky explores how we can change our addictive behaviors by releasing fear from our lives and by letting love in. This book begins by offering an understanding of what addiction is and concludes with daily lessons designed to help us choose peace more consistently in our lives.

Introduction to A Course in Miracles

By Robert Perry
 \$1.95. pamphlet. ISBN 0961830905.

An excellent introductory overview of what the *Course* is, what it teaches, and what its impact has been.

Journey Without Distance

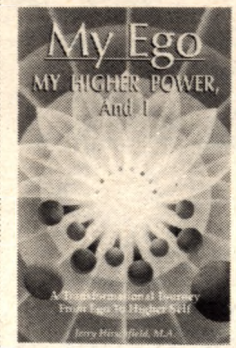
The Story Behind A Course in Miracles
 By Robert Skutch
 \$7.95. paper. ISBN 0890874042.

This book recounts the story of how *A Course in Miracles* came to be. Skutch knew all those involved personally and was told the details by the principals themselves.



Love Is Letting Go of Fear
 By Gerald G. Jampolsky
 \$7.95. paper.
 ISBN 0890872465.

Based on material from *A Course in Miracles*, the lessons contained here will teach you to let go of fear and remember that our very essence is love. This bestseller provides daily exercises that give a direct and effective way to bring about individual transformation.



My Ego, My Higher Power, And I
A Transformational Journey From Ego to Higher Self
 By Jerry Hirschfeld
 \$10.95. paper.
 ISBN 0874180147.

Hirschfeld describes a path that leads to gradual surrender of your ego to the Higher Power within you. This is a journey from the stress, fear, and anger of an ego-dominated life to the serenity and joy of a spiritually guided life.

Psychotherapy: Purpose, Process and Practice

By the Foundation For Inner Peace
 \$3.00. pamphlet. ISBN 9990001383.
The Song of Prayer
Prayer, Forgiveness, Healing
 By the Foundation For Inner Peace
 \$3.00. pamphlet. ISBN 9990001391.

These two pamphlets are taken from additional material received by Helen Shucman and not found in *A Course in Miracles*.

Sayings From A Course in Miracles

Edited by Robert Varley
 \$12.50. Boxed Cards. ISBN 9990001561.

These elegantly inscribed cards contain 218 uplifting, enlightening sayings from *A Course in Miracles*.

Teach Only Love

The Seven Principles of Attitudinal Healing
 By Gerald G. Jampolsky
 \$8.95. paper. ISBN 055334367X.

In *Love is Letting Go of Fear*, Dr. Jampolsky showed how love is our very essence. Here he draws on the 7 principles of attitudinal healing to explore even more deeply the unique and transforming power of love.

A Vast Illusion

Time According to A Course in Miracles
 By Kenneth Wapnick
 \$12.00. paper. ISBN 0933291094.

This book presents the *Course's* teachings about time in three parts. The first discusses the origin and metaphysics of time. The second deals with time and the plan of the Atonement, centering on the role of the miracle and the time collapse it fosters. The third part discusses the end of time, and includes the *Course's* concepts of the real world, the Second Coming, the Last Judgment, and finally God's last step.

BOOKS BY TARA SINGH

Tara Singh's deep reverence for *A Course in Miracles* and his work with a few very serious students of the *Course* has led him to share his understanding in a number of books.



Awakening a Child From Within
Uncompromising Wisdom & Insight For Parents
 \$16.95. paper.
 ISBN 1555312535.

A book for parents who want to raise strong, independent, creative children, free of the destructive conditioning that inhibits self-knowledge.

Commentaries on A Course in Miracles

\$12.95. paper. ISBN 1555310168.
 A comprehensive examination of *A Course in Miracles* as a new way of life and what is needed to bring Absolute Knowledge into application.

A Course in Miracles—A Gift For All Mankind

\$4.95. paper. ISBN 1555312497.
 Here Tara Singh explores the relationship between the issues facing mankind today and the forces that brought the *Course* into being.

Dialogues on A Course in Miracles

\$14.95. paper. ISBN 1555311318.
 A record of actual class sessions with Tara Singh and his students. The issues addressed in these sessions are basic ones—fear, insecurity, internal conflict, and guilt.

How to Learn From A Course in Miracles

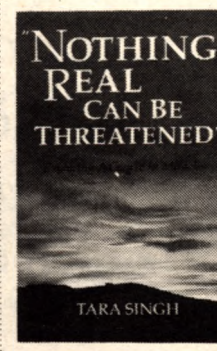
\$8.95. paper. ISBN 0062507818.
 A guidebook to studying the material in the *Course*.

How To Raise a Child of God

It Is Trust That Frees the Mind—Not Education
 \$14.95. paper. ISBN 1555310095.
 A book for parents who want to give their whole lives to raising a child of God, a child who has the potential to affect the destiny of mankind upon the planet.

Love Holds No Grievances

The Ending of Attack
 \$5.95. paper. ISBN 1555312268.
 A book to help you grow in tolerance, wisdom and goodness. Based on lesson 68 of the *Course*.



Nothing Real Can Be Threatened
Exploring A Course in Miracles
 \$12.95. paper.
 ISBN 1555312306.

Tara Singh addresses the fundamental issue each person must face—FEAR. He also asks: Is it possible to live a life free of insecurity, anger, blame, and unfulfillment?

OTHER COURSE
 IN MIRACLES RELATED BOOKS
 STOCKED BY THE BODHI TREE

Absence From Felicity

The Story of Helen Shucman
 By Kenneth Wapnick
 \$16.00. paper. ISBN 0933291806.

Awaken From the Dream

A Presentation of A Course in Miracles
 By Gloria & Kenneth Wapnick
 \$10.00. paper. ISBN 0933291043.

Be Still An Instant

A Spiritual Journal
 By Chandra Holsten
 \$9.95. paper. ISBN 0936415088.

The Bridge to Reality

A Heart-Centered Approach to A Course in Miracles and The Process of Inner Healing
 By Paul Ferrini
 \$12.00. paper. ISBN 1879159031.

A Call To Awaken

A Dialogue With A Course in Miracles, Volume 1, Sessions 1 through 4
 Prepared by Karl G. Kamper & Karen M. Carson
 \$15.00. cloth. ISBN 0961673915.

Choose Once Again

Selections from A Course in Miracles
 By the Foundation For Inner Peace
 \$6.95. paper. ISBN 0890874131.

Christian Psychology in A Course in Miracles

By Kenneth Wapnick
 \$3.00. pamphlet. ISBN 9990005435.

A Course in Miracles Concordance to Volume One: Text

By Barbara Findeisen
 \$18.00. paper. ISBN 0942494458.

The Ego Conspiracy

Based on the Teachings of A Course in Miracles
 By Chuck Okerstrom
 \$6.95. paper. ISBN 0874180449.

Fifty Miracle Principles of A Course in Miracles

By Kenneth Wapnick
 \$8.00. paper. ISBN 0933291027.

Glossary-Index for A Course in Miracles

By Kenneth Wapnick
 \$16.00. cloth. ISBN 0933291035.

Have Miracles Will Travel

By Burt Hotchkiss
 \$3.95. paper. ISBN 0818700556.

The Heart of Healing

Discovering the True Healing Power of Faith & Love
 By Bruce Davis & Genny Wright Davis
 \$8.95. paper. ISBN 0890875898.

Let's Make Miracles

By Kay Leedy
 \$8.95. paper. ISBN 0874181526.

Listening

How to Increase Awareness of Your Inner Guide
 By Lee Coit
 \$6.95. paper. ISBN 0936475005.

Love Does Not Condemn

By Kenneth Wapnick
 \$25.00. cloth. ISBN 0933291078.

New Age Guide to Peace and Happiness

Through A Course in Miracles
 By Marlies Amarca
 \$6.95. paper. ISBN 0874181992.

The Obstacles to Peace

By Kenneth Wapnick
 \$12.00. paper. ISBN 0933291051.

Ours Is the Kingdom

By Gail Donnelly
 \$4.50. paper. ISBN 9990050325.

Peace of God is My One Goal

By Robert Varley
 \$10.00. paper. ISBN 999000157X.

Side By Side

The Twelve Steps and A Course in Miracles
 By John Randolph & Bette Martin
 \$5.95. pamphlet. ISBN 9990045704.

Spirit Speaks

Messages to a Student of A Course in Miracles
 By Jana A. Kelly
 \$7.95. paper. ISBN 0874181755.

A Talk Given on A Course in Miracles

An Introduction (3rd Edition)
 By Kenneth Wapnick
 \$4.00. paper. ISBN 0933291000.

Taming the Dragon

By John Calloway
 \$10.00. paper. ISBN 0874181984.

The Bodhi Tree stocks a wide range of audio and videotapes, books on tape and compact discs. A separate catalog that provides a complete listing of our audio and video materials is available upon request. Below we've selected what we think are some of the best music albums and books on tape from the more than 1,000 titles that we stock.

Angels, Aliens & Archetypes

By Mark Dwane
\$16.98. CD. ISBN 9990146233.
\$9.98. Cassette. ISBN 9990147647.



This album is dramatic, energetic space music at its best. Mark Dwane performs his remarkable compositions entirely on MIDI guitar with some R8-based percussion. The sounds are those of a synthesizer, yet they are generated with the flexibility of a guitar.

Beguiled

By Tim Story
\$16.98. CD. ISBN 9990142033.
\$9.98. Cassette. ISBN 9990142041.



Tim Story has created simple yet exquisite magic on this album with the use of piano, cello, guitar and synthesizer. This is a reflective and meditative work, with moods ranging from the hauntingly beautiful to melancholy.

Deep Listening

By Oliveros/Dempster/Panaiotis
\$17.98. CD. ISBN 9990127093.
\$9.98. Cassette. ISBN 999012961.



This meditative album was the result of an improvised collaboration between highly skilled musicians performing on a combination of such unlikely instruments as the trombone, accordion, didjeridu, voice and found metal pieces. Recorded in an unfathomably resonant cistern, the acoustics make it seem as if many more instruments are present.

Diadema

By Hildegard Von Bingen
(Arranged by Vladimir Ivanoff,
Performed by Vox)
\$17.98. CD. ISBN 9990124019.
\$9.98. Cassette. ISBN 9990124027.



Saint Hildegard Von Bingen was a mystic and seer who lived in Europe in the 12th century. An advisor to popes and emperors, a writer of numerous theological, scientific and

medical works, she was also a composer of very sacred choral works. Similar in nature to Gregorian chant, these compositions soar by comparison with their use of long drawn-out melodic phrases, frequently covering the range of an entire octave. In an effort to create a more experiential album, Ivanoff has employed the use of traditional musical instruments of the period, as well as modern synthesizers.



Indigo
By Patrick O'Hearn
\$15.98. CD.
ISBN 9990140472.
\$10.98. Cassette.
ISBN 9990140243.

Fans of Patrick O'Hearn's first album, *Ancient Dreams*, will be pleased with his return

STRUNZ & FARAH

Jorge Strunz and Ardeshir Farah are a Costa Rican/Iranian guitar duo whose music is characterized by Latin and Afro-Cuban rhythms, lyrical melody and a masterful fusion of inspiration and technique.



Misterio
\$15.98. CD. ISBN 9990123527.
Cassette not available at this time.

"The music...is nocturnal; it belongs to the night with its dreams and visions. It conveys the yearning of the night and explores that mood in all its mystery and depth, to the very doors of dawn...when, with the coming of the sun a new day begins, and the caravan of the night arrives at its destination."—Kavi Alexander

Haunting and introspective, *Misterio* underscores the intimate nature of the acoustic guitar. Also featured are guitarist Ciro Hurtado and violinist Charlie Bisharat.



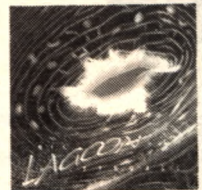
Primal Magic
\$15.98. CD. ISBN 9990116067.
\$9.98. Cassette. ISBN 9990115036.

Without sacrificing their artistic vision, Strunz & Farah have reached a wider audience with their album *Primal Magic*. Afro-Cuban rhythms provide the fuel for these melodic flights to the Amazon rain forest and other vistas in the imagination. Featured artists include violinist Charlie Bisharat and percussionist/vocalist Luis Perez Ixonextli.

to this style of music after several "radio correct" albums. This is an atmospheric album with moods ranging from haunting to exotic, from meditative to spacious. Fretless bass, synthesizer and percussion are the medium of his magic.

Lagoon

By Nik Tyndall
\$16.98. CD. ISBN 9990107831.
\$9.98. Cassette. ISBN 9990104964.



The liner notes to this album say it perfectly: "Tyndall's mature, sonically sophisticated style of environmental electronic music is never cold or mechanical, but breathes with the varied

sounds and rhythms of the natural world." *Lagoon* is an all new collection of etheric tropical soundscapes that conjure up images of a mysterious floating paradise.

L'Harmonie des Mondes

By Daniel Blanchet
\$16.98. CD. ISBN 9990136882.
\$10.98. Cassette. ISBN 9990136890.



This album takes its inspiration from "Harmonices Mundi," written by the German astronomer Johannes Kepler (1571-1630). This treatise explains the order and beauty of planetary movement, the existence of mathematical laws governing this movement, and in a musical sense, the "Harmony of the Spheres." Daniel Blanchet has created beautiful space music that takes the listener on a gentle journey through the solar system and into sympathetic harmony with these spheres.

The Planets

By Gustav Holst
(Performed by the Montreal Symphony
Orchestra, Charles Dutoit, conductor)
\$17.98. CD. ISBN 9990128359.
\$11.98. Cassette. ISBN 9990128316.



This work from the classical repertoire has proven itself to be exceptionally popular with Bodhi Tree customers, especially for its insightful correlation to the astrological qualities ascribed to the planets of our solar system. Charles Dutoit and the Montreal Symphony turn in a magnificent and captivating performance.

Shepherd Moons

By Enya
\$17.98. CD. ISBN 9990141533.
\$11.98. Cassette. ISBN 9990141541.



This is Enya's long awaited follow-up to *Watermark*. Her exquisite, multi-layered vocals evoke the peaceful mood of hymns and lullabies. Alone in a genre she created, Enya brings us another quiet and introspective masterpiece.

Strata

By Robert Rich & Steve Roach
\$16.98. CD. ISBN 9990115966.
\$9.98. Cassette. ISBN 9990111286.



Combining synthesizers with percussion, steel guitar and bamboo flutes, these two composers have created a synergy that takes us sonically into the realms of the exotic: the subconscious, the surreal, the possible, the unknown—"revealing the concealed half-forgotten buried within the strata of the primordial mind."

Summer

By George Winston
\$17.98. CD. ISBN 9990140707.
\$11.98. Cassette. ISBN 9990140669.



After a long hiatus, George Winston returns with the latest installment in his series of albums dedicated to the seasons of the year. Both original compositions and arrangements of Winston's favorites are performed with the polished proficiency one expects from this solo pianist.

BOOKS ON TAPE

Awakening Osiris (abridged)

The Egyptian Book of the Dead
Translated by Normandi Ellis,
read by Jean Houston.
\$15.95. 2 Cassettes. ISBN 0944993311.

From the passion of her heart, Jean Houston reads this ancient poetic work intended to guide the soul on its spiritual journey from life into death. This modern translation is a great inspiration for the modern seeker whose heart is drawn towards the land of the great pyramids.

Bhagavad Gita (unabridged)

Translated by Barbara Stoler Miller;
read by Jacob Needleman.
\$15.95. 2 Cassettes. ISBN 094499301X.

This ancient classical spiritual text of India is the teaching of the Avatar Krishna to his disciple Arjuna. Taking place upon a battlefield, these instructions are a powerful guide for all who must meet those fears that seek to prevent one from performing one's duty. Read clearly and gently, this work offers sublime guidance for those who seek their Nature through Wisdom, Devotion, Meditation and/or Service.

Dhammapada (unabridged)

Translated by Thomas Byrom; read by Jack Kornfield
\$9.95. ISBN 0944993184.

For those interested in knowing and living the Virtuous Way, this poetic and inspiring translation of the Buddha's sayings is highly recommended. Jack Kornfield, a renowned Buddhist meditation instructor, reads this work with heartfelt devotion.

Tao Te Ching (unabridged)

By Lao Tzu; translated by Feng & English;
read by Jacob Needleman.
\$15.95. 2 Cassettes. ISBN 0944993249.

Over two thousand years ago the Chinese sage Lao Tzu was pressed into writing this text on the art of living—of knowing the unknowable. Listening to the words read by Jacob Needleman, the paradoxes that arise from speaking of the ineffable inspire the listener to abandon the intellect, and allow the Truth behind the words to make Itself known.

**OTHER CASSETTES AVAILABLE
IN THE AUDIO LITERATURE SERIES**

Black Elk Speaks

(As Told to John G. Neihardt) (abridged)
By Black Elk; narrated by Fred Contreras
\$15.95. 2 Cassettes. ISBN 0944993362.

Cloud of Unknowning (abridged)

By Anonymous; translated by James Walsh;
narrated by Alan Jones
\$15.95. 2 Cassettes. ISBN 0944993052.

Dharma Bums (abridged)

By Jack Kerouac; narrated by Allen Ginsberg
\$15.95. 2 Cassettes. ISBN 094499329X.

Divine Child

A talk by Robert Bly and Marion Woodman
\$17.95. 2 Cassettes. ISBN 0944993451.

Letters to a Young Poet (unabridged)

By Rainer Maria Rilke; translated and
narrated by Stephen Mitchell
\$10.95. ISBN 0944993117.

Like This

More Poems of Rumi
Translated and narrated by Coleman Barks
\$10.95. ISBN 0944993141.

Poems of Kabir

By Kabir; translated and narrated by Robert Bly
\$15.95. 2 Cassettes. ISBN 0944993044.

Poems of Rumi

By Jalaluddin Rumi; translated and
narrated by Coleman Barks and Robert Bly
\$15.95. 2 Cassettes. ISBN 0944993109.

Rilke

Selected Poems
By Rainer Maria Rilke; translated
and narrated by Stephen Mitchell.
\$15.95. 2 Cassettes. ISBN 0944993028.

Sacred Pipe (abridged)

By Black Elk; narrated by Fred Contreras
\$15.95. 2 Cassettes. ISBN 0944993133.

Screwtape Letters (abridged)

By C.S. Lewis; narrated by John Cleese
\$15.95. 2 Cassettes. ISBN 094499315X.

Teachings of Don Juan (abridged)

A Yaqui Way of Knowledge
By Carlos Castaneda; narrated by Peter Coyote
\$15.95. 2 Cassettes. ISBN 0944993222.

Yosemite (abridged)

By John Muir; narrated by Michael Zebulou
\$10.95. ISBN 0944993257.

Zen Mind, Beginner's Mind (abridged)

By Shunryu Suzuki; narrated by Peter Coyote
\$15.95. 2 Cassettes. ISBN 0944993079.



ILLUSTRATION BY SILVIA JOHNSONS

C E, Time & the Universal Mind

by
Gary
Lachman

Art & Physics

Parallel Visions in Space, Time & Light

By Leonard Shlain

\$25.00. cloth. ISBN 0688097529.

Readers of popular science literature over the last ten years or so have eagerly devoured a spate of books dealing with the 'new physics.' The most well known of these, Fritjof Capra's *The Tao of Physics* and Gary Zukav's *The Dancing Wu Li Masters*, introduced readers to the enigmatic world of relativity and quantum mechanics via the equally mystifying (to Western sensibilities) world of what is loosely termed 'Eastern metaphysics.' It's no exaggeration to say that in the past decade more readers have entered the universe of curved space, the uncertainty principle, complementarity and quantum leaps via the evocative figure of the dancing god Shiva than through the straight and narrow path of Newton's apple—which is perfectly understandable, given the nature of the subject. Anyone who has tried to grasp Einstein's meaning when he said that space is curved, knows that the physics that most of us suffered through in high school is of little help in the undertaking. It's not surprising that the layman would seek outside help in tackling this curious development, especially when the physicists themselves tell us that just about everything we were taught on the subject, from Aristotelian logic to Newtonian absolute space and time, is wrong.

Although much has been written about the curious similarities between ancient Eastern cosmologies and the most recent development in Western science, there has been a lack of any popular literature relating the developments to traditions within the West itself. One of the problems of Western intellectual life has been the odd bifurcation (to use Alfred North White-

head's phrase) between the 'hard' disciplines of science and 'soft' pursuits of the humanities, a split made famous years ago by C.P. Snow's concept of 'two cultures.' This artificial separation has lead lay readers to knock—hat in hand—at the doors of exotic temples, in order to get a smidgen of understanding about their own science. And while this is good for inter-cultural relations, it gives the impression that the West is without the means of making its most advanced thought accessible, even in a rough way, to curious readers.

That is, until Leonard Shlain's *Art & Physics*. What the author of this fascinating book has done is relate developments in the 'new physics' to developments in modern art. Shlain is not embarrassed to admit that upon entering a citadel of culture like the Museum of Modern Art in New York, he is confronted with the uncomfortable situation of knowing that he is in the presence of great art, but not having one iota of an idea *why* it is great. Just as in the old, Aristotelian-Euclidean-Newtonian world it makes perfect sense that something either is or isn't A, occupies three dimensions,



and is held in place by gravity, so too, in the old world of art, we can see why the Parthenon, Michaelangelo's David and a Rembrandt portrait are great, and why the watercolors at a weekend art fair are not. But what we do with the contortions of perspective made popular by Cubism, or the evocative chaos of a Jackson Pollock? The figure of a baffled spectator, scratching his or her head before the enigmatic presence of a work of Abstract Expressionism (mild fare, given what kicks up a storm with the National Endowment for the Arts these days) has been a cliché since the '50s. The author of *Art & Physics*, having found himself in that archetypal situation, decided that he would find out what modern art is all about. The result is a work of effervescent brilliance, written in an eminently readable style, advancing, among other things, a theory of the evolution of consciousness and a key to the next stage of cultural development.

The thesis that runs through *Art & Physics* is that throughout the history of the West, art has presaged the major developments in our ideas about space and time. Art has been "clairvoyant"; or, as the author

formulates it, before the scientist can develop our new ways of thinking, the artist must first provide a new way of seeing.

However, the relationship isn't causal. As Shlain points out, the artist whose work closely parallels that of the scientist—as in the case of Picasso and Einstein—had little knowledge and less interest in the work and ideas of the other. Each followed their own *Daimon*. Shlain makes clear that at every crucial development in our ideas about the physical world, there are always individuals whose antennae are so finely tuned that they pick up the vibrations well in advance of the rest of us—scientists included. As P.D. Ouspensky, whom Shlain quotes, said, "The artist must be clairvoyant: he must see that which others do not see" and "make others see that which they do not themselves see, but which he does."

At every step in the development of our knowledge about the structure of the cosmos, art has provided the necessary means of envisioning the new perspective in advance of its strict scientific formulation. This fascinating thesis gives Shlain two intriguing tasks: to show *that* art has done this, and to show *how* art has done it.

In tackling the first, the author provides a rapid tour of European intellectual history, with brief excursions into the East. Starting with the Greeks and the rise of logic out of the linear alphabet, moving through the breakup of the Classical world view into the mosaic of Christianity in which linear sequence was abandoned and symbolism became the cohesive element, onward to the Renaissance perspective and the secularization of art, the privileged observer, the Humanist individual and the Newtonian world view, and beyond this to its rapid dethronement at the

hands of Einstein, Minkowski and Heisenberg, *Art & Physics* shows how the world view that would dominate each cultural epoch first appeared in the tentative excursions of precognitive artists. The book is worth reading for this history alone. It is full of intriguing facts. For example: Did you know that our word 'text' derives from the Teutonic *textura*, which really meant tapestry, and that this reflects the "reassuring universality of Latin" (when it "tattered into thousands of local dialects and vernaculars") with the fall of the

wife.) And if one artist stands out as a genuine prophet of the new spacetime, well in advance of any developments in physics that could be remotely suggestive of things to come, it would be Édouard Manet. Shlain's insight into Manet's work is served-up with great flair, and the reader cannot look at Manet's haunting *A Bar at the Folies-Bergère* the same way again.

Which brings us to the question of how these artists managed to catch wind of a change in the *zeitgeist* before anything was clearly in the air?

... what we are experiencing today is the rise of a new integrated consciousness, a reconciliation between Apollo and Dionysus, between time and Space, between the artist and the physicist.

Roman Empire and the Classical world view? This gives only the barest idea of how much is contained within the books 437 pages, each of which treats its subject vigorously.

In contrasting the Classical Newtonian world view with modes of perception common to the East, Shlain finds in the East a concentration of the "everlasting now," as opposed to the West's apparent obsession with the linear moment. Shlain believes that the new physics, however, is moving toward a perception of this "everlasting now," which he equates with Einstein's formulation of spacetime, the revolutionary blending of the hitherto incommensurable Newtonian absolutes. And, as the author shows, this same trajectory can be found in the work of artists like Picasso, Marcel Duchamp, René Magritte, M.C. Escher and others. There are some absolutely striking parallels, as, for example, the remarkable similarity between Hermann Minkowski's "spacetime diagram" composed of a figure of "opposing light cones," and Barrett Newman's *Broken Obelisk*, which stands atop the roof of the Museum of Modern Art, looking like nothing so much as the remains of some fantastic interplanetary vehicle. (As *Art & Physics* is concerned with curious synchronicities and clairvoyance, the author will be happy to know that the poet W.B. Yeats anticipated both Minkowski and Newman by some years with the gres of *Time and Space* that swirl through the pages *A Vision*, a work, so the legend goes, dictated to Yeats by an extra-human intelligence, through the courtesy of his

Having given ample evidence for the prophetic aptitude of art, and providing some humor along the way (commenting on Andy Warhol's eight-hour film of a day in the life of the Empire State Building, the author remarks that no work prior to this was able to induce a similar "trancelike state"—no doubt) Shlain tackles the more difficult task of providing some means of understanding how the laws of causality, which demand that effect follow cause, and not vice versa, could be abrogated on such a grand scale. To answer this, Shlain draws on Einstein, brain physiology and myths of the ancient Greeks.

To understand his argument, we must realize that our normal perception of a three dimensional world, and our sense of an irreversible flow of time into the future, are illusions. Shlain accepts the Einsteinian picture, seen from astride a wave/particle of light, of a world in which everything happens at once—a world in which our usual sequence of one-thing-at-a-time is scattered. If the world is really 'like' something, for Shlain it is really like what a person would see if he or she hitched a ride on a photon. Then why is it that we perceive the world sequentially, not simultaneously? Because we have two brains.

Drawing on current developments in brain studies, the author points out that the left brain—associated with logic and time—is a relatively recent affair, evolutionarily speaking. Some writers have even spoken of a "brain explosion" having taken place a million years ago. Shlain argues that our present sense of time

is linked to the development of the sense of smell among early mammals, and in presenting this argument he touches on a fascinating area of speculation. Shlain suggests that being nocturnal, (by day hiding from the lumbering carnivores) these early mammals needed to develop a non-visual mode of perception. While sight takes in a wide-angle picture and presents its information simultaneously, smell, to be at all effective, must work sequentially. Fixing the order of smells in an effective sequence leads to memory, and this gradually developed into our present sense of past, present and future—a cognitive map we stretch across the face of simultaneity, and which enables us to function quite well.

Just as the left brain was a new development, arriving on the scene well after the older right brain (associated with images and space), Shlain suggests that recent developments point to a new orientation, an integration of the left and right, and a union of art and physics.

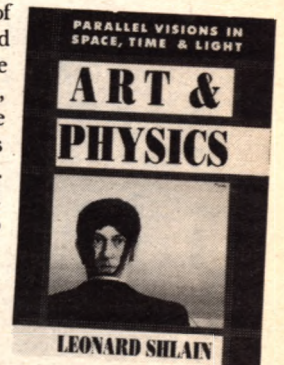
In the mythological figures of Apollo and Dionysus, Shlain finds the clearest expression of this age old conflict and reconciliation. Although Dionysus came late to the Greek pantheon, he is generally considered an old god, whose origins lie in the distant Asiatic mists. Dionysus is the god of revelry and intoxication, of wine and sensuality—all functions easily accommodated by the right brain. Apollo, on the other hand (literally, as the right brain controls the left hand, and vice versa) is the god of order and protection, of logic and science—attributes of the left brain. Shlain advances the fascinating speculation that the tension between these two gods reflects a collective memory of the rise of the new sequential 'time-consciousness' over the older, right brain simultaneous 'space-consciousness.' Further, Shlain suggests that the Greek creation myth is really a story of the rise of time and memory. The myth of Chronos killing his father Uranus, is really a collective memory of the ascendancy of the new left brain consciousness over the right. In a fantastic re-telling of the ancient myths, Shlain shows how the characters of Prometheus, Epimetheus, Mnemosyne, Athena and Zeus are personifications of this new consciousness, and how the classic battle of the new gods against the Titans is a poetic rendering of the defeat and displacement of the right brain consciousness.

Heady stuff, indeed. Shlain's theory has a simplicity that may strike some as too pat; the present writer, while recognizing that it may not be absolutely right, is convinced that it can't be absolutely wrong. There is too much evidence for some kind of dialectic of opposites at work in human affairs. Yin and yang, male and female,

light and dark, left and right: clearly throughout the history of consciousness, we have oscillated between poles of a tenacious dualism—and rightly so, since we house this binary world view a few inches beneath our skulls.

Given that the world we perceive is dependent to some degree on our perceptual apparatus, it becomes increasingly difficult to speak of what the world is 'really' like, since, to answer this, we must realize that we have a hand in what this 'really' really is. One result of recognizing the evolution of the left brain consciousness is that we see that the Apollo-ordered universe associated with Euclid, Aristotle and Newton, is not the absolute given that those great minds believed it to be. That picture evolved. This is Shlain's most adventurous speculation: just as the new left brain consciousness arose and supplanted the older right brain, what we are experiencing today is the rise of a new integrated consciousness, a reconciliation between Apollo and Dionysus, between Time and Space, between the artist and the physicist. For Shlain, this is not idle speculation; whether we like it or not, this is the way the *zeitgeist* goes. Behind the surface world of sequential phenomena and the independent minds that are aware of them lies what Shlain calls the "universal mind," a coinage not unfamiliar to readers of mystical literature. Shlain equates this "universal mind" with Einstein's spacetime, the universe of 'everythingallatonce.' He speculates that the right brain has access to the simultaneous world, and it's through the intuitions of our Picassos and Manets that the shape of spacetime is laid out for the collective consciousness. The wondrous developments of the new physics, as well as the divergent visage of modern art, have helped pave the way for the new integrated awareness to emerge.

If there is anything to the 'hundredth monkey' effect, then this new consciousness should be manifesting soon, as we have had a century of intuitive artists and scientists laying the groundwork. Time, the very thing the new consciousness will supplant, will tell. Meanwhile, it is all very fascinating to think about, and we can certainly catch a glimpse of the new world through this work of superb intellectual inquiry.



Some of the issues raised in Leonard Shlain's *Art & Physics* have been explored by other writers. The books below examine how new ways of thinking in the fields of art, science, philosophy, and psychology have shaped our view of reality.

EINSTEIN'S SPACE & VAN GOGH'S SKY



LAWRENCE LESHAN & HENRY MARGENAU

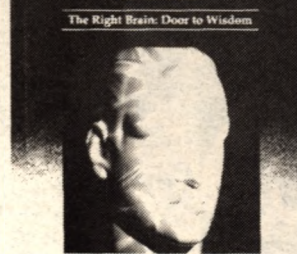
Einstein's Space & Van Gogh's Sky
Physical Reality and Beyond
By Lawrence LeShan & Henry Margenau
\$12.95. paper.
ISBN 0020931808.

The nature of reality has been the subject of debate for centuries, tantalizing the artist, the philosopher, and the scientist alike. In this book Lawrence LeShan and Henry Margenau argue that Western culture's precise and literal systems to explain reality were developed to accommodate the

human need to control the environment, but that the explanations fall short because they do not take into account the realm of non-physical experience.

Exploring exciting new scientific discoveries that reveal the fundamental links between physical reality and human consciousness, psychologist and physicist unite to demonstrate the limitations of the conventional view of reality and offer a startling new vision that raises profound questions and suggests an innovative approach to further inquiries.

COLIN WILSON FRANKENSTEIN'S CASTLE



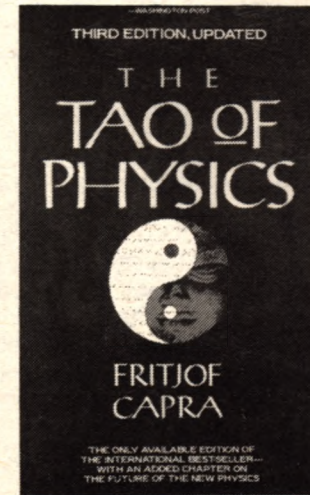
Frankenstein's Castle
The Right Brain: Door to Wisdom
By Colin Wilson
\$9.95. paper.
ISBN 0906798124.

Man has two brains. This piece of information was probably gleaned when the first Stone Age axe cleaved the first human skull, yet only in the last century has it been confirmed that man also has two minds.

In *Frankenstein's Castle* Colin Wilson surveys the whole range of current two-brain research and draws some very personal conclusions. He shows that, by

some quirk of evolution, we are trapped in our left-hand brain, in a dark, dingy, limited half of "Frankenstein's Castle," while a few centimeters away another "me," older, wiser and far more optimistic, exists independently.

But the two brains, the two "me"s do have a connection—and a wealth of information, inspiration and happiness is available if we can somehow allow the current to flow between them. If we can find the key to Frankenstein's castle, we can claim our rightful inheritance.



The Tao of Physics
By Fritjof Capra
\$14.00. paper.
ISBN 0877735948.

Newly revised in its third edition, Capra's book explores the world of the new physics and its relationship to mysticism.

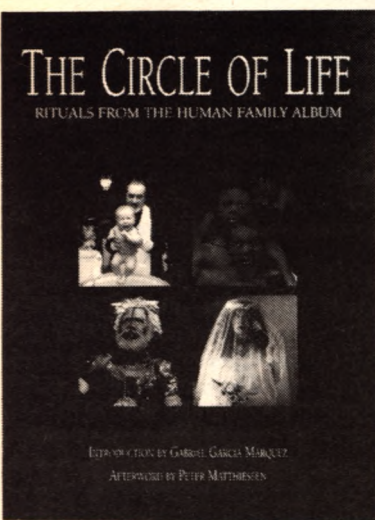
"Mystics understand the roots of the Tao but not its branches; scientists understand its branches but not its roots. Science does not need mysticism and mysticism does not need science; but man needs both," says Fritjof Capra. Eastern philosophy and

Western science are reconciled here in a profound humanistic vision of the universe.



NEW TITLES

Anthropology



The Circle of Life
Rituals From the Human Family Album
Edited by David Cohen, Introduction by Gabriel Garcia Marquez
& Afterword by Peter Matthiessen
\$40.00. cloth. ISBN 0062501526.

Throughout the world, societies both modern and traditional celebrate our journey through life with astonishing rites of passage. Elaborately beautiful, deeply heartwarming, shocking, even life-threatening, these rituals distill the wisdom of the ages into comprehensible and photogenic dramas—dramas that address nothing less than the meaning of birth, adolescence, marriage, aging and death.

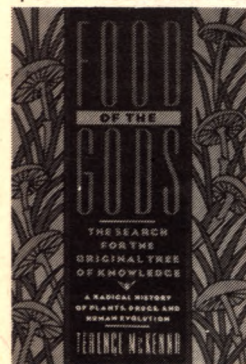
The Circle of Life shows us not only the extraordinary range of human ritual, but the common ties that bind us. Here, through the eyes of master photographers, we see the mothers in Yemen, Micronesia and Navajo societies respond to the birth of baby with rituals that are strikingly similar. Los Angeles street gangs and Sudanese warriors initiate new members with equivalent ceremonies. Even communities with little outside contact, like the Dani of Papua New Guinea and the country folk of Madagascar, honor their dead in unusual, yet similar ways.

Included are the work of nearly a hundred top photographers from around the world and each photograph is elucidated with extensive commentary by Arthur Davidson and leading thinkers in the field. This book is stunning in its vision and scope—a true work of art.

Food of the Gods

The Search for the Original Tree of Knowledge, A Radical History of Plants, Drugs, and Human Evolution

By Terrence McKenna
\$21.50. cloth. ISBN 0553078682.



More than twenty years ago, Terrence McKenna first encountered the visionary, ecstatic journeys of African tribes, Native Americans of the Southwest, and the peoples of the steamy interiors of South America's jungles. *Food of the Gods* is the startling, unexpected story of his discoveries. It provides a convincing "missing link" to explain humankind's development of language, superior intelligence, and culture; a doorway to the divine; and perhaps a solution for saving our troubled world—a link that may be as shocking to our modern sensibilities as Darwin's theories were to the Victorians.

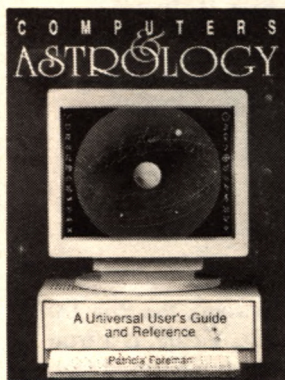
McKenna provides a revisionist look at the historical role of drugs in the East and West, from the ancient spice trade, rum, and slavery, to marijuana, cocaine, and other super-refined modern substances that feed the human "Algebra of Need," the virus of total want, including the ultimate placater, the electronic plug-in drug....television.

Astrology

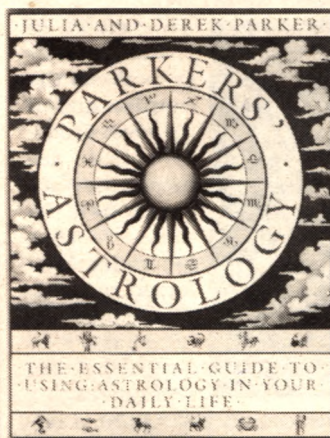
Computers & Astrology
A Universal Users Guide and Reference
By Patricia Foreman
\$24.95. paper. ISBN 0962464813.

This diverse book gives the beginning or advanced astrologer a working knowledge of factors involved in casting charts with today's high-speed personal computers. It is the first astrology guide designed to make you comfortable with the terms and techniques used with computers in astrological practice and research.

This inclusive manual is four reference books-in-one: A Universal Users Guide describing the many options available for casting charts. Examples of chart output types, house systems, coordinates, points, city database, ephemeris, asteroids, Uranians and more. A Software Comparison Methodology that explains how you can assess astrology programs to find the one most suitable for you needs and budget. An Astrological Dictionary that offers an encyclopedic presentation of hard-to-find astrology related facts, lore and information. Information for Casting Charts including time zones and changes, major life transits, and a listing of over 1000 major world city coordinates makes this a reference book of value.



Parkers' Astrology
The Essential Guide to Using Astrology in Your Daily Life
By Julia & Derek Parker
\$29.95. cloth. ISBN 1879431009.



This is a book to inform the novice astrologer, inspire the devotee, and make the skeptic think again. Derek and Julia Parker, two of astrology's most respected practitioners, reveal here the result of over twenty years study.

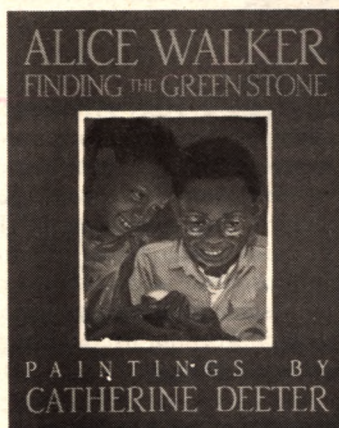
Parkers' Astrology is a practical and detailed approach that begins with the basics—a detailed description of the solar system, the signs of the zodiac, the houses, the Ascendant and Midheaven, and the traditional rulerships. Later sections analyze the influence of the planets in each of the signs and houses. Unique, specially commissioned full-color illustrations accompany each of the sun signs, highlighting the traditional associations of each sign.

Above all, *Parkers' Astrology* is a practical book. It gives step-by-step instructions for calculating, drawing and progressing a birth chart. There are detailed astrological tables in which, for the first time, planet's position are shown in decimal points rather than minutes and seconds, thus greatly simplifying the necessary calculations.

Children

Finding the Green Stone
By Alice Walker,
Illustrations by Catherine Deeter
\$16.95. cloth. ISBN 015227538X.

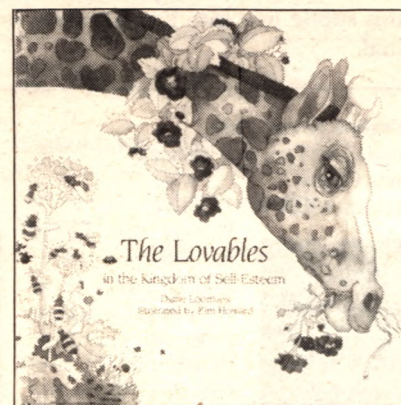
Johnny lives in a town where everyone has a green stone. Johnny has one too—until his mean-spirited behavior causes him to lose it.



Accompanied by his family and the whole community, Johnny begins his search, but soon discovers that he alone can find the green stone—when he finds the love that glows bright within his heart.

In this, her second collaboration with Catherine Deeter, Alice Walker teaches us that our love for family and friends brings us the most powerful peace and happiness of all.

The Lovables in the Kingdom of Self-Esteem
By Diane Loomans,
Illustrated by Kim Howard
\$14.95. cloth. ISBN 0915811251.

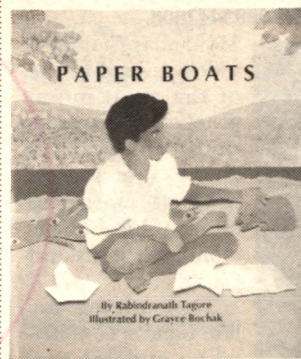


I AM LOVABLE! I AM LOVABLE!
I AM LOVABLE!

By using these words, the gates to the Kingdom of Self-Esteem swing open for readers of all ages. Inside the kingdom live twenty-four animals—the Lovables—each one with a special gift to contribute. Mona Monkey is lovable. Owen Owl is capable. Buddy Beaver takes care of the world around him. Greta Goat trusts herself.

The Lovable Team helps children to feel unique, confident, enthusiastic, and loved, while at the same time the rhyming text teaches the value of affirmation. So step inside the Kingdom of Self-Esteem with your favorite child, say the magic words three times, and meet the whole self-esteem team.

Paper Boats
By Rabindranath Tagore,
Illustrated by Grayce Bochak
\$14.95. cloth. ISBN 1878093126.

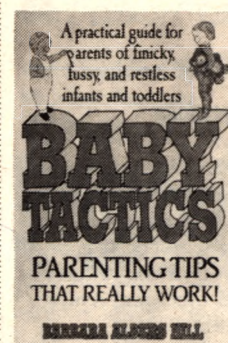


A small boy dreams of what lies beyond his small village and fashions boats made of paper. Bearing his name and that of his village, the boats drift down the nearby running stream, carrying "blooms of dawn" and the hope that someone "in some strange land" will learn of the vessel's creator.

This enchanting poem, the work of Nobel Prize-winner Rabindranath Tagore of India, is brought to life by the simple yet richly defined paper illustrations of Grayce Bochak.

Childcare

Baby Tactics
Parenting Tips That Really Work
By Barbara Albers Hill
\$8.95. paper. ISBN 0895294893.



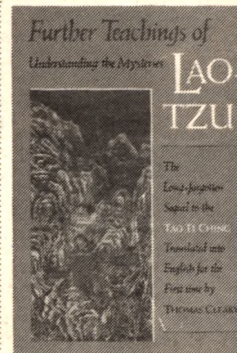
Until this point, most books could offer just a handful of suggestions that might or might not work. Now, there is a quick and practical guide that provides hundreds of proven solutions to the most perplexing problems. *Baby Tactics* is a beautifully designed and illustrated book of parenting tips that have absolutely, positively worked.

Author Barbara Albers Hill has gathered the best ideas, solutions, and remedies from hundreds of reliable and respected sources, including doctors, psychologists, parents, great works of literature, and age-old proverbs.

This book is an at-your-fingertips guide to making life with baby easier and more enjoyable.

Eastern Traditions

Further Teachings of Lao Tzu
The Long-forgotten Sequel to the Tao Te Ching
Translated by Thomas Cleary
\$20.00. cloth. ISBN 087773609X.



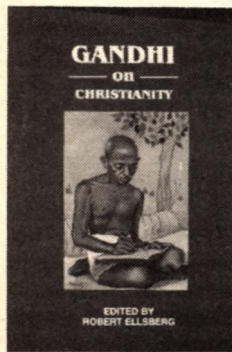
Lao-tzu, the legendary sage of ancient China, is traditionally considered to be the author of the *Tao Te Ching*, one of the most popular classics of world literature. Now Lao-tzu's further teachings on the Tao, or Way, are presented here in the first English translation of the Chinese text known as the Wen-tzu.

Although previously ignored by Western scholars, the Wen-tzu has long been revered by the Chinese as one of the great classics of ancient Taoism because of its comprehensive scope, accessible format, and easy style. In it, Lao-tzu shows that the cultivation of simplicity and spontaneity is essential to both the

enlightened individual and the wise leader. This timeless work will appeal to contemporary readers who have come to consider Lao-tzu's *Tao Te Ching* a classic on the art of living.

Gandhi on Christianity

Edited by Robert Ellsberg
\$10.95. paper. ISBN 0883447568.



Mohandas Gandhi is widely revered as one of the great moral prophets of the twentieth century. This book focuses on a less well-known area of his interest: his engagement with Jesus and Christianity.

Throughout his life, Gandhi conducted an ongoing dialogue with Christian believers and missionaries. As a faithful Hindu he was unwilling to accept Christian dogma. In Jesus, however, he recognized and revered one of history's great prophets of nonviolence. His criticism of contemporary Christianity was the failure of most Christians to embody the radical and revolutionary faith and action of Christ.

This anthology, enhanced by thoughtful reflections from several Christian scholars of Gandhi's philosophy, highlights Gandhi's contributions to inter religious dialogue, the self-critical reform of Christian mission, and the more faithful imitation of Jesus.

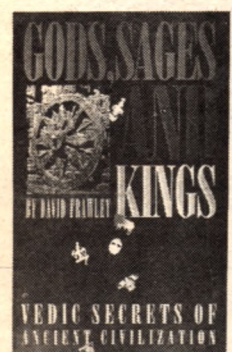
Gods, Sages and Kings

Vedic Secrets of Ancient Civilization

By David Frawley
\$19.95. paper. ISBN 1878423088.

David Frawley is one of the few Westerners ever recognized in India as a Vedacharya or teacher of the ancient wisdom. His work in this book reflects this tradition and his contact with numerous Vedic scholars. It is one in a series of books by him on the different fields of Vedic knowledge, including Ayurveda, Vedic astrology and Vedic Yoga.

Did all of civilization evolve from one ancient spiritual culture prior to what we regard as the beginning of history? Were the seers and sages, reputed to have founded most ancient cultures, purely mythical or did they relate to a common spiritual homeland or heritage for all humanity? Are there historical and archaeological evidences for such a culture that have been ignored or misinterpreted?



Gods, Sages and Kings presents a remarkable accumulation of evidence

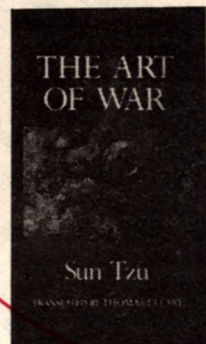
pointing to the existence of a common spiritual culture in the ancient world from which present civilization may be more of a decline than an advance. The book is based upon new interpretation of the ancient Vedic teachings of India, and brings out many new insights from this unique source often neglected and misinterpreted in the West. In addition, it discusses recent archaeological discoveries in India whose implications are now only beginning to emerge.

Frawley's research suggests that all the peoples of the ancient world may be related to the Vedic culture including those of Sumeria, Egypt, China and the Americas. This book challenges our accepted views of the origins of civilization in a profound way.

CLASSICS FOR YOUR POCKET

Masterworks of wisdom and inspiration in exquisitely produced miniature editions.

The series of pocket books recently issued by Shambhala Publications includes some of the classic texts of spiritual literature. Here are three books from the Eastern Tradition:



The Art of War

By Sun Tzu, translated by Thomas Cleary
\$6.00. paper, 3 x 4 1/2. ISBN 0877735379.

Compiled more than two thousand years ago by a mysterious warrior-philosopher, this is perhaps the most prestigious and influential book of strategy in the world today. As a study of the anatomy of organizations in conflict, *The Art of War* applies to competition and conflict in general, on every level from the interpersonal to the international. Its aim is invincibility, victory without battle, and unassailable strength through understanding of the physics, politics, and psychology of conflict.

Meditations

By J. Krishnamurti

\$6.00. paper, 3 x 4 1/2. ISBN 0877736405.

This miniature edition of the long out-of-print *Meditations* is a perfect format for Krishnamurti's thought on the art of meditation. "Meditation is very simple," says Krishnamurti, "We complicate it." In this collection of excerpts taken from the books of the renowned philosopher and teacher, meditation is shown to be a state of attention beyond thought, which brings total freedom from authority and ambition, fear and separateness.



Tao Teh Ching

By Lao Tzu, translated by John C.H. Wu
\$6.00. paper, 3 x 4 1/2. ISBN 0877735425.

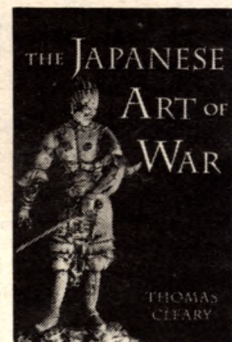
Written more than two thousand years ago, the *Tao Teh Ching*, or "The Classic of the Way and Its Virtue, is a true classic. It teaches that the qualities of the enlightened sage or ideal ruler are identical with those of the perfected individual. Today, Lao Tzu's words are as useful in mastering the arts of leadership in business and politics as they are in developing a sense of balance and harmony in everyday life. To follow the Tao or Way of all things and

realize their true nature is to embody humility, spontaneity, and generosity. The translator of this edition, John C.H. Wu, has done a remarkable job of rendering this subtle text into English while retaining the freshness and depth of the original.

The Japanese Art of War

Understanding the Culture of Strategy

By Thomas Cleary
\$12.00. paper. ISBN 0877736537.



Military rule and the martial tradition of the samurai have dominated Japanese culture for centuries, virtually to the present day. According to Thomas Cleary—translator of more than 25 classics of Asian philosophy—the Japanese people have been so steeped in the way of

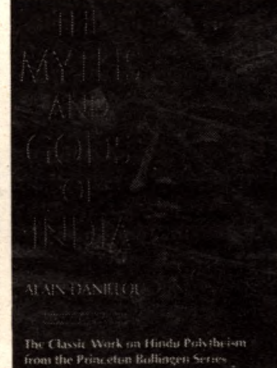
the warrior that some of the manners and mentality of this outlook remain embedded in their individual and collective consciousness.

Cleary shows how well-known attributes such as the reserve and mystery of formal Japanese behavior are deeply rooted in the ancient strategies of the traditional arts of war. Citing original Japanese sources that are popular among Japanese readers today, he reveals the hidden forces behind Japanese attitudes and conduct in political, business, social, and personal life.

The Myths and Gods of India

The Classic Work on Hindu Polytheism

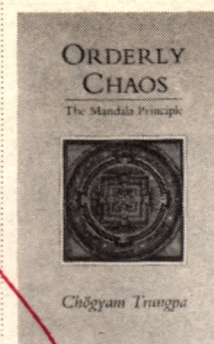
By Alain Danielou
\$19.95. paper. ISBN 0892813547.



This study of Hindu mythology explores the significance of the most prominent Hindu deities as they are envisioned by the Hindus themselves. Referred to by its adherents as the "eternal religion," Hinduism recognizes for

each age and each country a new form of revelation—and for each person, according to his or her stage of development, a different path of realization. This message of tolerance and adaptability, the very heart of Hindu polytheism, resounds clearly throughout Alain Danielou's work.

Thirty-three photographic plates by Raymond Burnier further illustrate the many facets of Hindu teaching and trace the significance of the Gods of the Vedas, as well as Vishnu, Siva, Linga, Brahma, Kali, Sakti, and many other deities.



Orderly Chaos

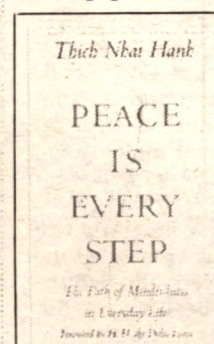
The Mandala Principle
By Chogyam Trungpa
\$13.00. paper. ISBN 0877736367.

According to the mandala principle, a prominent feature of Tantric Buddhism, all phenomena are part of one reality. Whether good or bad, happy or sad, clear or obscure, everything is interrelated and reflects a single totality. As Chogyam Trungpa explains in this book, from the perspective of the mandala principle, existence is orderly chaos. There is chaos and confusion because everything happens by itself, without any external ordering principle. At the same time, whatever happens expresses order and intelligence, wakeful energy and precision. Through meditative practices associated with the mandala principle, the opposites of experience—confusion and enlightenment, chaos and order, pain and pleasure—are revealed as inseparable parts of a total vision of reality.

Peace is Every Step

The Path of Mindfulness in Everyday Life

By Thich Nhat Hanh
\$8.50. paper. ISBN 0553351397.



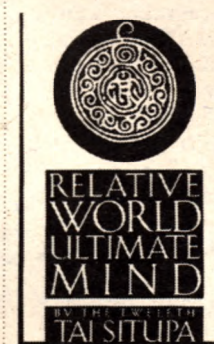
In the rush of life, we tend to lose touch with the peace that is available in each moment. World-renowned Zen master, spiritual leader, author Thich Nhat Hanh shows us how to make positive use of the very situations that usually pressure and antagonize us. For him, the ringing telephone can

be the signal back to our true selves. Dirty dishes, red lights, and traffic jams are spiritual friends on the path to "mindfulness"—the process of keeping our consciousness alive to our present experience and reality.

Peace is Every Step contains commentaries and meditations, personal anecdotes and stories from Nhat Hanh's experiences as a peace activist, teacher, and community leader. It begins where the reader already is—in the kitchen, office, driving a car, walking in a park—and shows how deep meditative presence is available now. Thich Nhat Hanh teaches us that there is no need to wait to change our lives. He offers dozens of creative suggestions that skillfully adapt ancient wisdom to contemporary life.

Relative World, Ultimate Mind

By The Twelfth Tai Situpa
\$12.00. paper. ISBN 0877736294.



The Buddha taught about ten aspects of knowledge—normal worldly activities through which the ordinary person could achieve understanding and realization. Here Tai Situpa describes these activities, which encompass medicine, psychology, astrology, and the creative arts, and explains

how they can become an essential part of anyone's spiritual path. Using examples from Buddhist teachings as well as everyday life, the author shows how the first nine aspects of knowledge cover all avenues of "right livelihood," leading to the tenth and most advanced aspect of knowledge, inner truth.

The twelfth Tai Situpa—Buddhist monk,

teacher, and abbot of Sherab Ling monastery in northern India—was born in Eastern Tibet in 1953. He is well known for his work as a Buddhist teacher on behalf of world peace and as the founder of Maitreya Institute, a forum for spiritual development through the arts, philosophy, psychology, and healing, with centers in San Francisco, Hawaii, and France.

The Wandering Ghost

The Odyssey of Lafcadio Hearn
By Jonathan Cott
\$24.95. cloth. ISBN 0394571525.



This is a marvelous rediscovery of the life and work of one of the nineteenth century's most curious and fascinating characters: the writer, bohemian, and inveterate traveler Lafcadio Hearn.

In 1869, Hearn—Greek-born, half-Irish, half-blind,

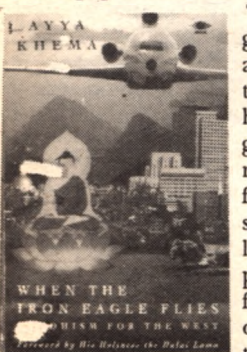
and nineteen years old—arrived in Cincinnati and embarked on what was to be an extraordinary career as a newspaper reporter for the sensational dailies of the time. He was a natural writer, self-taught, passionate, and subversive. Drawn to the bizarre, to the most lurid crime stories, to the impoverished but lively neighborhoods of Cincinnati's black underclass, Hearn became a poet of society's pathologies, a sympathetic chronicler of the exotic and the oppressed. Fired from his newspaper for his brief marriage to a black woman, he left Cincinnati in disgust in 1877.

A habitual nomad, this strange, difficult, morbidly sensitive writer wandered restlessly throughout the 1880s: to New Orleans, where he was captivated by Creole life, the bars and the brothels, the octoroon balls, the voodoo subculture; then to the Caribbean, where his writings vividly evoked that lush, dreamy, idyllic life. But it was in Japan, to which he journeyed in 1890, that Hearn found his home at last, and where he produced some of his best writing, devoted to that country's life, religion, and literature. There he finally settled, married a Japanese woman, and, in an uncanny feat of self-transformation, became a Japanese patriot and patriarch, regarded by the Japanese, then as now, as the most eloquent Western interpreter of the Japanese mind.

Jonathan Cott provide an insightful account of this astonishing life and career, and intersperses it with generous selections from Hearn's essays, folktales, ghost stories, journalism, and travel writing, and from his voluminous correspondence. The result is a book that recovers for us an extraordinary, original, and long-neglected figure.

When The Iron Eagle Flies

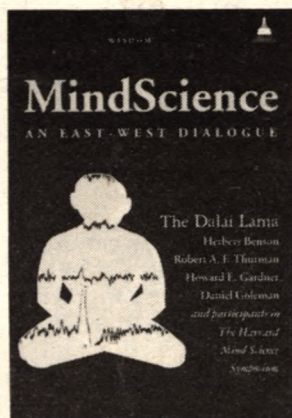
Buddhism for the West
By Ayya Khema,
foreword by His Holiness the Dalai Lama
\$9.95. paper. ISBN 0140193006.



"One of humanity's greatest jewels." Such are the teachings of the Buddha, unfolded here simply, free of jargon, for a contemporary world where our fevered pursuit of pleasure and comfort leaves us "like children playing in a house on fire, refusing to let go of our toys." By contrast, Ayya Khema

reminds us, joy comes from understanding that the senses only doom us to disappointment and that, everything being impermanent, fundamentally "there is nothing to hang on to, nothing to worry about, nowhere to go...."

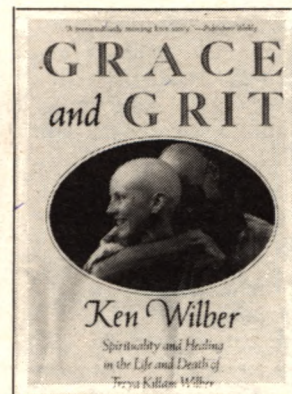
EDITORS' CHOICES



MindScience

An East-West Dialogue
By The Dalai Lama, Herbert Benson,
Robert A.F. Thurman,
Howard E. Gardner, Daniel Goleman,
and participants in The
Harvard Mind Science Symposium
\$12.50. paper. ISBN 0861710665.

What is the subtle relationship between mind and body? What can today's scientists learn about this relationship from masters of Buddhist thought? Is it possible that by combining Western and Eastern approaches, we can reach a new understanding of the nature of the mind, the human potential for growth, the possibilities for mental and physical health? This book explores these and other questions, as it documents the beginning of an historic dialogue between modern science and Buddhism. Based on a day-long symposium in which His Holiness the Dalai Lama and other Indo-Tibetan scholars met with leading authorities from the fields of medicine, psychiatry, psychology, psychobiology, neurobiology and education, it offers important new insights into the workings of perception, cognition and the mind/body connection.



Grace and Grit

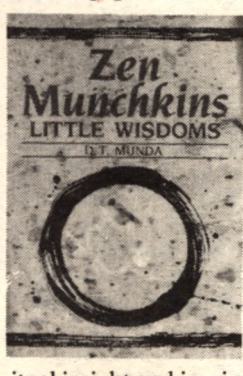
Spirituality and Healing in the Life and Death of Treya Killam Wilber
By Ken Wilber
\$25.00. cloth. ISBN 0877736359.

In 1983, psychologist Ken Wilber met the intelligent, beautiful Terry Killam. It was "love at first touch," and after a short courtship, they were married. Only a week later, Terry—later to change her name to Treya—was diagnosed with breast cancer. Their honeymoon was spent in the hospital, an ominous portent of the couple's five-year journey through marriage, illness, and, finally, Treya's death. *Grace and Grit* combines Treya's journals and Ken's wide-ranging narrative to vividly convey the inner experience of their ordeal. Treya's account of her own illness draws the reader into a compelling drama filled with twists so unexpected that no novelist would attempt them. Ken's commentary questions both "conventional" and "New Age" approaches to illness and introduces the reader to the "perennial philosophy" and the world's great wisdom traditions. This is a vivid and inspiring portrait of health and healing, wholeness and harmony, suffering and surrender.

This clear exposition is not only theory: more important, it is a practical guide to meaning through awareness, containing a wealth of exercises and advice to help the reader on his or her way. Meditation? "There is no other way," the author says, "to free us from our worries and fears." Difficult? Yes, "like swimming upstream." But, Ayya Khema points out, sailing downstream with the crowd means we end up on the mudflats. Upstream, however, we find "the clear and unpolluted source"—the truth.

Zen Munchkins

Little Wisdoms
By D.T. Munda
\$12.95. paper. ISBN 0804816409.



This is a carefully selected collection of concise prescriptions for living well and wisely, the fruits of the author's lifetime study of the words of the sages. Exquisitely illustrated with simple but enigmatic ink-brush drawings by J.C. Brown, this attractive book offers spiritual insight and inspiration on every page.

"The secrets of spiritual life are opened to those who venture, not to those who seek guarantees at every step." —Meher Baba, quoted in *Zen Munchkins*

Ethnic Studies

African Experience

Major Themes in African History from Earliest Times to the Present
By Roland Oliver
\$23.00. cloth. ISBN 006435850X.



THE
AFRICAN
EXPERIENCE
MAJOR THEMES IN AFRICAN HISTORY
FROM EARLIEST TIMES TO THE PRESENT
ROLAND OLIVER

This authoritative work covers the entire span of human history across the African continent from the earliest emergence of hominids in Eastern and Southern Africa to the repeal of the Population Registration Act of 1950 and the lifting of trade sanctions in 1991. Drawing on forty years of teaching and research, Professor Oliver arranges the book thematically, beginning with the colonization of the different regions of Africa, the origins of food production and the formation and diffusion of African languages.

Finally, Professor Oliver surveys the devastation that the slave trade wrought and guides us through the economic, political and social developments that gave rise to the modern African nation-states.

Growing Up Black

From slave days to the present
—25 African-Americans reveal the trials and triumphs of their childhoods
By Booker T. Washington, Malcolm X, Richard Wright, Maya Angelou, Gordon Parks, and many more;
Edited by Jay David
\$9.00. paper.
ISBN 0380766329.

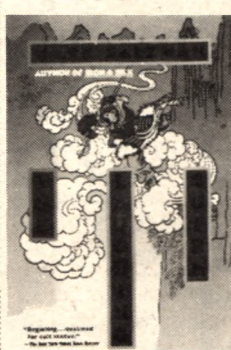
The vivid recollections of childhood in this moving anthology reveal what it was like to grow up black in white America. From the nineteenth-century Southern slave plantation to the twentieth-century urban ghetto come stories from all walks of life. Some of the children would grow up to be famous, others live ordinary lives, but uniting them all is the childhood realization that they had been born to a life of struggle. Yet woven into their painful memories are the warmth and joy of family love and an amazing ability to find humor in the face of hardship.

This powerful collection of experiences all present a compelling portrait of life through the eyes of an African-American child.

Fiction & Poetry

The Laughing Sutra

By Mark Salzman
\$10.00. paper. ISBN 0679735461.

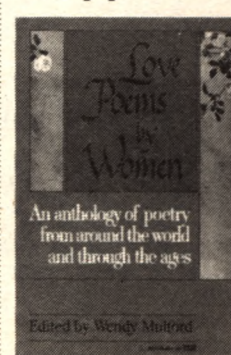


Iron & Silk, Mark Salzman's best-selling account of his adventures as an English teacher and martial arts student in China, introduced a writer of enormous charm and keen insight into the cultural chasm between East and West. Now Salzman returns to China in his first novel, which follows the adventures of Hsun-ching, a naive but courageous orphan, and the formidable and mysterious Colonel Sun, who together travel from mainland China to San Francisco, risking everything to track down an elusive Buddhist scripture called *The Laughing Sutra*. Part *Tom Sawyer*, part *Tom Jones*, *The Laughing Sutra* draws us into an irresistible narrative of danger and comedy that speaks volumes about the nature of freedom and the meaning of loyalty.

For over 2,000 years women have been writing love poetry. To date, however, anthologies have printed very little of it. *Love Poems by Women* is a first of its kind, revealing the female poet's varied use of a genre that has historically belonged to men. These writers express love not only for their male and lovers, but for parents, children, and friends, for art, God, nature and homeland. Often, the female poet's emotions on the subject of love

Love Poems by Women

An Anthology of Poetry from Around the World and Through the Ages
Edited by Wendy Mulford
\$8.95. paper. ISBN 0449905381.

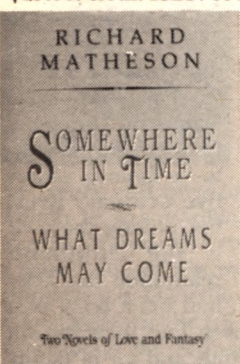


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are more earthy playful than those of her counterpart, and much more wide-ranging. Here are poems in a striking array of moods and modes: rejection, rage, and ecstasy, argument and lyric, joke and passionate utterance. Highlighted poets include: Sappho, Anna Akhmatova, Emily Dickenson, Maya Angelou, Alice Walker, Dorothy Parker and Ho Xuan Huong.

Somewhere in Time & What Dreams May Come

Two Novels of Love and Fantasy
By Richard Matheson
\$25.00. cloth. ISBN 0910489068.



Born in 1926, Richard Matheson has published a dozen novels and nearly one hundred short stories, and has written for both film and television, including many adaptations of his own work. But perhaps Matheson's best-known dramatic work is the romantic film *Somewhere in Time* (1980), based on his book *Bid Time Return*, which won the World Fantasy Award for best novel.

General Religion

A Calendar of Festivals

Traditional Celebrations, Songs, Seasonal Recipes & Things to Make
By Marian Green
\$17.95. paper. ISBN 1852302046.



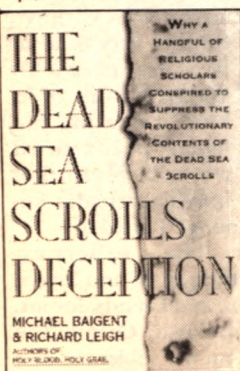
From holy days to holidays, high days to hey days, every month is a festival. Since time immemorial, mankind has marked and celebrated the change of the seasons. Although they have been altered by the passage of time,

many of our traditional festivals still endure. Month by month, *A Calendar of Festivals* explores the fascinating details of seasonal customs—what they are and what they represent, their original meaning, where they are continued and their relevance to us today. Recipes, songs and activities for us all to enjoy are included too.

By rediscovering our evergreen traditions, we can celebrate each season to the full. And, given a deeper understanding of our heritage and folklore, we can live in closer harmony with the Earth.

The Dead Sea Scrolls Deception

Why a Handful of Religious Scholars Conspired to Suppress the Revolutionary Contents of the Dead Sea Scrolls
By Michael Baigent & Richard Leigh
\$20.00. cloth. ISBN 0671734547.



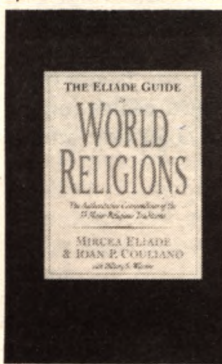
Hidden for centuries, the Dead Sea Scrolls—the earliest biblical manuscripts—were found in caves near Jerusalem more than forty years ago. Yet the content of the eight hundred ancient Hebrew and Aramaic manuscripts remains concealed from the general public.

In this interesting book, Michael Baigent and Richard Leigh, authors of the best-seller *Holy Blood, Holy Grail*, reveal new material that places the scrolls in the time of Jesus and offers nothing less than a new account of Christianity and an alternative and highly significant version of much of the New Testament.

The Dead Sea Scrolls have been news since their discovery, and with the release of the Scrolls themselves by the Huntington Library, they are on the front pages and in prime time all over America. This remarkable book tells the story of a great archeological find and the mysteries surrounding it.

The Eliade Guide to World Religions

The Authoritative Compendium of the 33 Major Religious Traditions
By Mircea Eliade & Ioan P. Couliano
\$22.95. cloth. ISBN 0060621451.

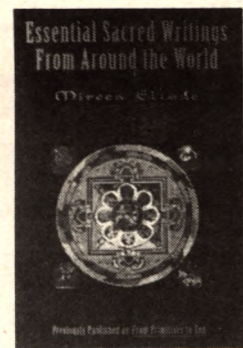


This all-new survey of the world's major religions, religious personalities, histories, sacred texts, mythologies, and mystical techniques is a one-volume distillation of Eliade's three-volume *History of Religious Ideas* and draws on the sixteen-volume Macmillan *Encyclopedia of Religion*, which Eliade edited. Divided into two parts, a macrodictionary and a microdictionary, part one presents thorough summaries of thirty-three religions, including Buddhism, Christianity, Jainism, Judaism, Islam, Shinto, Shamanism, Taoism, South American religions, Baltic and Slavic religions, Confucianism, and the religions of Africa and Oceania. Part two offers both an index and brief descriptions of key religious figures, sacred books, and spiritual themes.

Sweeping, yet rich in detail, this epic guide renders Eliade's lifework of detailing and comparing humanity's entire religious heritage accessible and contemporary.

Essential Sacred Writings From Around the World

By Mircea Eliade
\$17.00. paper. ISBN 0062503049.



Originally published as *From Primitives to Zen*, this comprehensive anthology contains writings vital to all the major non-Western religious traditions, arranged thematically. Here are colorful descriptions of deities, creation myths, depiction's

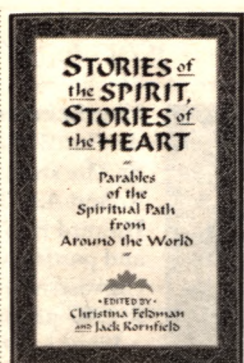
of death and the afterlife, teachings on the relationship between humanity and the sacred, religious rituals and practices, and prayers and hymns.

Included are excerpts from the Quran, the Book of the Dead, the Rig Veda, the Bhagavad Gita, the Homeric Hymns, and the Popul Vuh, to name just a few. Oral accounts from Native American, African, Maori, Australian Aborigine, and other peoples are also included. This is fascinating reading for anyone interested in the world's religions and myths. This collection beautifully demonstrates humanity's diversity as well as the universal threads that unite us all.

Stories of the Spirit, Stories of the Heart

Parables of the Spiritual Path from Around the World
Edited by Christina Feldman & Jack Kornfield
\$14.95. paper. ISBN 0062503006.

Teaching stories have come down to us



through the ages as a vital, intimate way of sharing wisdom. Great masters such as Jesus, Buddha, and Ramakrishna excelled at them, and shamans and elders of every age and tradition have used them to communicate their vision to others.

This compelling collection of teaching stories draws richly and widely from many cultures and centuries, from the great traditions of the East and West, from Christian, Buddhist, Sufi, Zen, Hasidic, Native American, African and other sources. Each story is alive and timely, filled with the inspiration of these traditions.

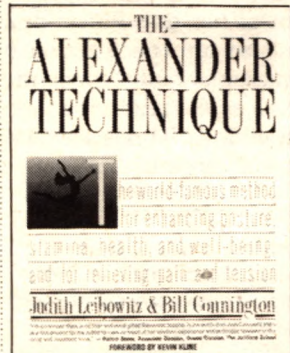
The three sections of this book each represent an aspect of the spiritual journey. They begin with the possibilities of our personal natures and the greatness of the human heart. They emphasize the power of our courage and the need to reach the essential meaning of our humanness. Their themes illustrate the parallels of the world's great teachings on separating wisdom from folly, false ideals from the truth, and showing the way to compassion and freedom.

This is a most wonderful collection of stories that is rich with the wisdom and truth of the ages.

Health & Cooking

The Alexander Technique

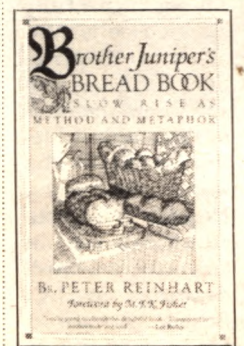
The World-famous method for enhancing posture, stamina, health, and well-being, and for relieving pain and tension.
By Judith Leibowitz & Bill Connington
\$12.95. paper. ISBN 0060920858.



The Alexander Technique, developed a century ago by F.M. Alexander, is aimed at improving the way the body is used. Long popular with actors, dancers, and musicians for its ability to improve stamina, flexibility, and relaxation, this subtle technique of realignment is recognized for its therapeutic value with stress-related disorders, bad backs, and poor posture. This book shows you how to use the Alexander technique to realign your body and improve your life.

Brother Juniper's Bread Book

Slow Rise as Method and Metaphor
By Br. Peter Reinhart
\$17.95. cloth. ISBN 0201570769.

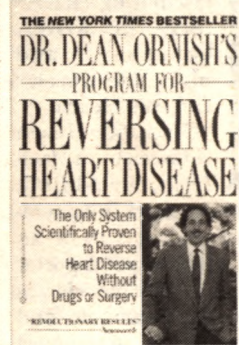


Tucked away in the heart of Sonoma County, just an hour north San Francisco, is Brother Juniper's, one of our country's most inspired bakeries. Its award-winning breads are found in many of the region's finest restaurants and markets. Now, in one of the most unusual culinary voyages since flour met water, salt, and yeast—master baker Brother Peter Reinhart shows the home cook how to make savory breads such as Cajun Three-Pepper Loaf, garlicky Strombolini, as well as famous muffins and the world's greatest brownies.

Whether you wish to explore the techniques of bread baking or the inner meaning of bread as the "staff of life," *Brother Juniper's Bread Book* will show you how the freshest ingredients, treated in the time honored "slow-rise" way, will yield bread with great texture, flavor, and most importantly, great crust. In this fascinating collection of recipes and anecdotal essays rich with humor and warmth, Brother Peter Reinhart takes the baker into the very alchemy of bread making.

Dr. Dean Ornish's Program For Reversing Heart Disease

The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery
By Dean Ornish, M.D.
\$15.00. paper. ISBN 0345373537.



Dr. Dean Ornish is the first clinician to offer documented proof that heart disease can be halted or even reversed simply by changing your life-style. Based on his internationaly acclaimed scientific study, Dr. Ornish's program has yielded amazing results. Participants

reduced or discontinued medications; their chest pain diminished or disappeared; they felt more energetic, happy, and calm; they lost weight while eating more; and blockages in coronary arteries actually began to reverse.

In this breakthrough book, Dr. Ornish presents this and other dramatic evidence, and guides you step-by-step through the extraordinary Opening Your Heart program. The program takes you beyond the purely physical side of health care to include the psychological, emotional, and spiritual aspects so vital to healing. This book represents the best modern medicine has to offer. It can inspire you to open your heart to a longer, better, happier life.

Dragon Rises, Red Bird Flies

Psychology & Chinese Medicine
By Leon Hammer, M.D.
\$19.95. paper. ISBN 0882681338.



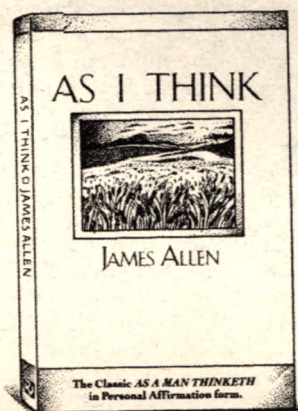
Behind the acupuncture, herbal remedies and sophisticated diagnostics of Chinese medicine lies "a congenial system of healing that embodies unification of body and mind, spirit and matter, nature and man, philosophy and reality." In this comprehensive and ground-breaking presentation, based on long experience as physician, psychiatrist and practitioner of Chinese medicine, Leon Hammer offers a new model for appreciating the traditional healer's effective and profound respect for individual integrity and energetic balance. Explaining, and going beyond, the Five Element system, he shows that this Eastern practice is as much a spiritual science as a physical one.

Easily accessible to the layman, yet a resource for the professional in any healing art, this book examines the natural energy functions of the human organism as a key to mental, emotional and spiritual health. It offers new insight into disease, showing how it is not merely an invasion from the outside but rather a byproduct of an organism's unsuccessful attempt to restore its own balance.

It's all in your head.



**THINK HEALTH, THINK SUCCESS,
THINK LOVE—Elizabeth Blackburn**
Here's the perfect way to keep your positive affirmations in sight. These three stand-up spiral books of powerful statements will help you keep your thoughts in focus and in mind. \$7.95 ea.



AS I THINK—James Allen
This is the new personal version of the classic AS A MAN THINKETH that puts the best-selling message in first-person affirmational style. \$7.95



THE GAME OF LIFE AFFIRMATION & INSPIRATION CARDS—Florence Scovel Shinn
Pick a card, any card, and you can use the power of THE GAME OF LIFE to help you achieve a goal or provide you with the motivation to overcome any obstacle. All of the 52 sturdy cards contain quotes which bring this popular self-help book to life. \$9.95

So, use it!

With positive books from DeVorss



DEVORSS Publications

Good Food, Good Mood

A Nutritional Guide to an Allergy-Free, Happier, Healthier Life

By Gary Null

\$10.95. paper. ISBN 0312069855.

GOOD FOOD,

GOOD MOOD

A Nutritional Guide to an Allergy-Free, Happier, Healthier Life

GARY NULL

WITH DR. MARTIN FELDMAN, M.D.

A Nutritional Guide to an Allergy-Free, Happier, Healthier Life

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A Nutritional Guide to an Allergy-Free, Happier, Healthier Life

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Gary Null contends that if you or someone you know suffers from arthritis, migraines, chronic fatigue, obesity, stomachaches, or depression, then their symptoms could be caused by food or environmental allergies. Null reveals here how the foods we eat can be linked with ailments seldom associated with allergies. He also explains how to identify the causes of certain allergic reactions, how to prevent yourself from falling prey to food toxins, and how to prepare 95 delicious recipes that will keep your diet free of harmful chemicals and allergic responses.

Good Food, Good Mood will show you how to improve your health, feel better, and keep your body less toxic in an increasingly polluted world.

The One Minute (or so) Healer

500 Quick and Simple Ways to Heal Yourself Naturally

By Dana Ullman, M.P.H.

\$8.95. paper. ISBN 0874776678.



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This book helps you to take control of your health and avoid unnecessary trips to the doctor and pharmacist. It does so by offering the most simple, safe, quick, and effective natural remedies for treating and preventing typical health problems. From acupressure and nutrition tips, to

homeopathic and herbal remedies, to visualization and breathing techniques, there are treatments to everyone's taste for over two dozen of the most common illnesses.

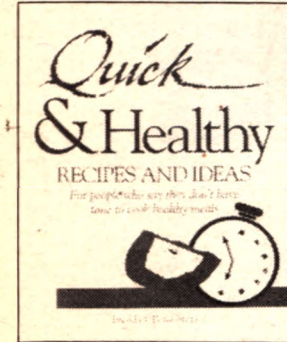
And because being truly healthy goes beyond treating yourself once you're sick, this book also features The 22 Steps to Healing—enlightening principles that will help lay the foundation for a healthy mind, body, and spirit.

Quick & Healthy

Recipes & Ideas For People Who Say They Don't Have Time To Cook Healthy Meals

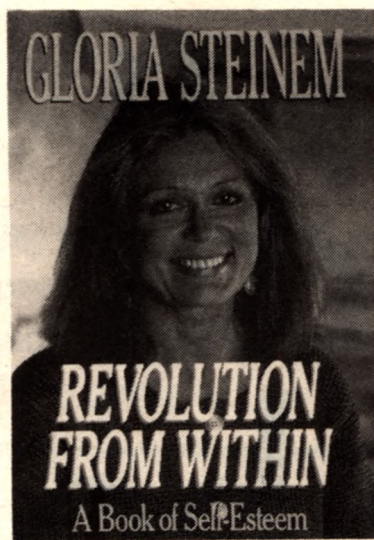
By Brenda J. Ponichtera

\$16.95. spiral-comb. ISBN 0962916005.



Quick & Healthy is designed with the busy family in mind. It includes practical nutrition information as well as quick and delicious recipes that have been kitchen tested for taste and ease of preparation. You'll find over 180 easy recipes that are low in fat, cholesterol and calories. Nutritional analysis of each recipe includes Calories, Fat, Cholesterol, Cholesterol-Saturated Fat Index, Sodium, and Food Exchanges for Diabetes and Weight Loss.

The author, a registered dietitian, also has included a list of recommended brand name products, ideas for quick meals and snacks that don't require recipes, food exchanges



Revolution From Within

A Book of Self-Esteem

By Gloria Steinem

\$22.95. cloth. ISBN. 0316812404.

Gloria Steinem has been at the forefront of a social revolution that has knocked down sexual and racial barriers. In her new book, *Revolution From Within*, she fuses an external revolution of social change with a personal internal revolution of self-esteem. Steinem intertwines her own experiences of self worth, and how it affects one's life, with experiences of men and women from various cultures. She tells the stories of a Cherokee chief, a four year old boy in the rural south, the women of Ahmedabad, India and many others.

Childhood is when a sense of self begins. Steinem journeys back to Toledo, Ohio where at the age of ten, her parents divorced and she was left to care for her mentally ill mother. A mother, says Steinem, who loved her children unconditionally but didn't know how to love herself.

Steinem's spiritual journey over the last decade has enabled her to rediscover the little girl who disappeared at age ten. "But the journey is not just healing," Steinem says. "It's also recovering the truest, most spontaneous, joyful, and creative core of ourselves." Integrating the needs and loves of her lost childhood self into her adult life, Steinem finds she is a healthier and more secure woman who is even more productive in her external life.

Self-esteem enables one to trust his or her own decisions and actions—to trust one's inner voice—to be one's true self. But according to Steinem, culture and society sometimes work against this: "The problem is that if societies produce obedience by withholding core self-esteem, they are likely to discourage its mending, replenishing, and healing, too. The idea of intrinsic worth is so dangerous to authoritarian systems (or to incomplete democracies in which some groups are more equal than others) that it is condemned as self-indulgent, selfish, egocentric, godless, counterrevolutionary, and any other epithet that puts the individual in the wrong. If people feel they have a value that needn't be earned, the argument goes, how can they be made to work? Why should they continue to strive at all?" Steinem makes the case that if we were raised and nurtured in an environment of unconditional love that promotes a good sense of self, we would strive for our own good, "for the sheer joy of accomplishment, choosing what we wanted to do and then doing it—the surest path to good work at any age."

Ms. Steinem maintains her feminist stance and offers different strategies to change ourselves and the world for the better. What we think of ourselves is inextricably linked to how we treat ourselves and each other. Understanding the importance of self-esteem in her own life and in all people's lives, Steinem shows how we can all be better equipped to make the best choices for ourselves and the world.

—Reviewed by Ivy Sharpe

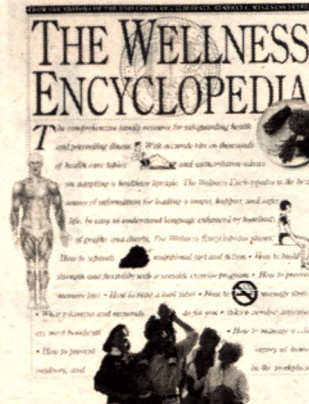
for weight loss and diabetes, and conventional and microwave directions.

This is a highly practical and useful new cookbook that helps you in your search for quick and healthy meals. It is designed with a spiral-comb binding for easy access to recipes.

The Wellness Encyclopedia

By the Editors of the University of California, Berkeley, Wellness Newsletter

\$29.95. paper. ISBN 0395533635.



The Wellness Encyclopedia is a comprehensive family resource for safeguarding health and preventing illness. With accurate tips on thousands of health care topics and authoritative advice on adapting a healthier lifestyle, *The Wellness Encyclopedia* is the best source of information for leading a longer, happier, and safer life. In easy-to-understand language enhanced by hundreds of graphs and charts, *The Wellness Encyclopedia* shows: how to separate nutritional fact from fiction; how to build strength and flexibility with a sensible exercise program; how to prevent memory loss; how to read a food label; how to manage stress; what vitamins and minerals do for you; which aerobic activities are most beneficial; how to manage a cold; how to prevent injury at home, outdoors and in the workplace.

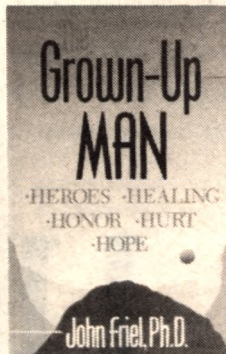
Men's Studies

The Grown-Up Man

Heroes, Healing, Honor, Hurt, Hope

By John Friel, Ph.D.

\$9.95. paper. ISBN 1558741798.



In this book, John Friel (*Adult Children: The Secrets of Dysfunctional Families*) asks you to explore whether you were Overmothered and Underfathered and to ask yourself honestly if you are still an Offender and a Little Boy. He takes you on a journey into a world where men and women respect themselves and each other. He celebrates the greatness of men who have become our Heroes. He shares his own and his clients' healing processes, and challenges you to become a man in the finest sense of the word—a man of integrity and honor.

The King Within

Accessing the King in the Male Psyche

By Robert Moore & Douglas Gillette

\$22.00. cloth. ISBN 0688095917.

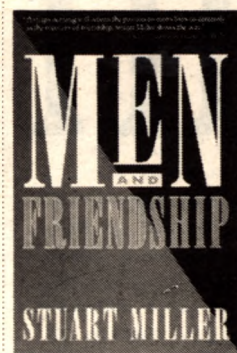
In this pioneering contribution to the emerging men's movement, Robert Moore and Douglas Gillette examine the King within—one of the four archetypes of the male psyche. The return of this inner king is heralded by many men's growing sense of empowered masculine authenticity and by their enlarged capacity to empower others: other men, their

friends and co-workers, the women in their lives, and their children. The inner King integrates power and nurturing, firmness and caring, courage and creativity, self-affirmation and self-sacrifice. From his central position between the world of imagination and the world of action, the King within challenges every man to take up his own scepter, to dream dreams and to make them come true.

Men and Friendship

By Stuart Miller

\$8.95. paper. ISBN 0874776856.



Men and Friendship speaks to those adult men who yearn for more meaningful contact with other men. Stuart Miller's revealing account of his search for close male friendship explains why most men are so widely disappointed in their relationships with other men, and why deep and profound feelings of comradeship and trust are so difficult to attain. He takes the reader along on his personal journey to discover the ways that men can initiate true and lasting male friendships, and he demonstrates how a man can deepen and strengthen his existing relationships.

"Perhaps nothing will return the passion to men's lives so certainly as the recovery of friendship. Stuart Miller shows the way."

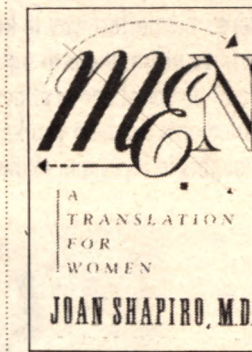
—Sam Keen, author of *Fire in the Belly*

Men

A Translation for Women

By Joan Shapiro, M.D.

\$18.00. cloth. ISBN 0525933913



Why can't a man be more like a woman? The short answer to that query is that men and women grew up thinking and behaving in profoundly different ways. But in this important guide, remarkable for its accessibility amid the complexities it

explores, we also learn that men and women often seem to be speaking different languages. And, says Dr. Shapiro, when it comes to emotions and psychology, they do. Because men and women inhabit separate cultures, it helps bridge the gap if women learn to interpret male behavior. This fascinating and provocative book shows us how.

Mythology

The First Love Stories

from Isis and Osiris to Tristan and Iseult

By Diane Wolkstein

\$10.00. paper. ISBN 0060922729.

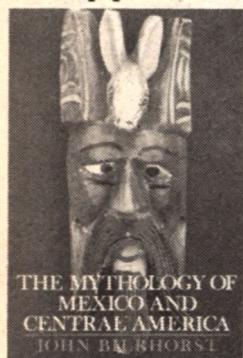
The earliest stories in this book go back to 2500 B.C. They are joyous, shocking, ribald, humorous, and mysterious testaments to both the passion and compassion in the human spirit. Each story expresses a different aspect of love: "Isis and Osiris" (Egyptian) embodies love that is stronger than the forces of nature; "Inanna and Dumuzi" (Sumerian) explores



the cyclical quality of love; "Shiva and Sati" (Hindu) portrays the explosion of passion and the taming of the mind; "The Song of Songs" (Hebrew) suggests the sensuous, celebratory, yearning quality of love; "Psyche and Eros" (Greco-Roman) presents the forging of the psyche; "Layla and Majnun" (Arabic-Persian) reveals the path of the soul; and "Tristan and Iseult" (Celtic) expresses the struggle of inner and outer loyalty.

The Mythology of Mexico and Central America

By John Bierhorst
\$10.00. paper. ISBN 0688112803.



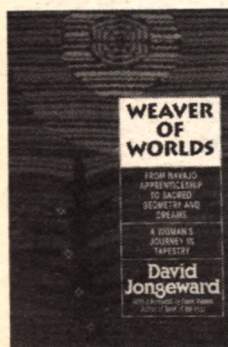
In this major work of scholarship, noted author John Bierhorst introduces readers to the gods and heroes of Mexico and Central America, from the Aztec and Maya of pre-Columbian times to the Indian groups that survive today. He provides complete translations of the twenty "basic myths" of this region and shows how they have influenced the artistic, literary, and political life of modern Mesoamerica.

Native Americans

Weaver of Worlds

From Navajo Apprenticeship to Sacred Geometry & Dreams: A Woman's Journey in Tapestry
By David Jongeward
\$12.95. paper. ISBN 0892812702.

In this unique and fascinating book, David Jongeward brings to life the artistic journey of master weaver Carolyn Jongeward, beginning with her apprenticeship to Navajo weavers in Arizona and extending to her studies in sacred geometry and number symbolism, Native American philosophy, Jungian psychology, and creation mythology.



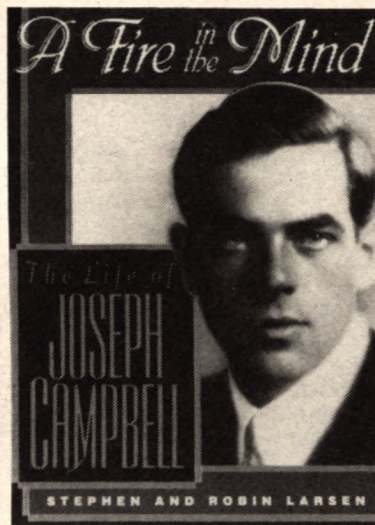
From her Navajo teachers, Carolyn learned the meaning of "sitting-still-within-the-harmony-place" while pursuing her craft and artistic vision. The dreams that came to her inspired her designs and weavings in precise geometric and symbolic detail. "I weave because I want to use the means of interlacing threads to find something higher and larger than myself," she writes. Together with David Jongeward's evocative text, the reproductions of Carolyn's weavings—many in full color—reveal her art to be the focus of vast creative energy and a multifaceted search for knowledge.

Where The Two Came To Their Father

A Navaho War Ceremonial Given by Jeff King
Text and paintings recorded by Maud Oakes,
Commentary by Joseph Campbell
\$14.95. paper. ISBN 0691020698.

This work takes its title from the richly symbolic creation legend of the Navaho people, which they incorporated into their blessing ceremony for tribe members headed to battle. Having observed this rite during World War II, when native Americans were for the

JOSEPH CAMPBELL



A Fire in the Mind
The Life of Joseph Campbell
By Stephen and Robin Larsen
\$30.00. cloth. ISBN 0385266359.

This is a candid and comprehensive biography of mythologist, teacher, and storyteller Joseph Campbell, written with the authorization of his widow, Jean Erdman Campbell.

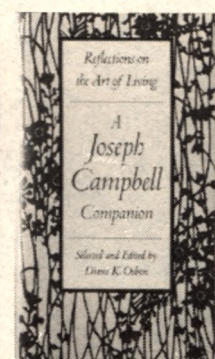
Campbell forged an approach to the study of myth and legend that made ancient traditions and beliefs immediate, relevant, and universal. His teachings and literary works have shown that beneath the apparent themes of world mythology lie patterns that reveal the ways in which we all may encounter the great mysteries of existence: birth, growth, the development of the soul, death.

A Fire in the Mind is a sensitive and fascinating exploration of the extraordinary personal life from which Joseph Campbell spun the jeweled net of his writings and lectures. A visit to Buffalo Bill's Wild

West Show at the age of nine instilled in young Joseph a fascination with American Indian lore, and launched him on a life journey as filled with adventure and discovery as those mythic heroes he studied: dazzling athletic achievements at Columbia; formative years in the avant-garde world of Paris and Germany in the 1920s; a brilliant teaching career at Sarah Lawrence, where he remained for thirty-eight years; travels, romances, and friendships that spanned the world, shaping and informing his ideas and work; and encounters with an astonishing variety of artists, thinkers, and spiritual leaders whose work was influenced by Campbell and who in turn influenced him: Jiddu Krishnamurti, John Steinbeck, Heinrich Zimmer, Maya Deren, Carl Jung, Robert Bly, and George Lucas, to name only a few.

Biographers Stephen and Robin Larsen—friends and students of Joseph Campbell for more than twenty years—have had exclusive access to Campbell's personal papers and journals, and have interviewed scores of his friends, relatives, colleagues, and associates. The result is a rich tapestry woven of stories, discoveries, and insights from the familiar revelations of his writings to incandescent moments of personal inspiration and creative genius.

"Follow your bliss," Campbell would say, when asked how we should find our way through life, "and doors will open for you that you didn't even know were there." At once passionate, enlightening, scholarly, and moving, *A Fire in the Mind* invites readers into the mind and soul of a man whose work left an indelible impression on modern culture.

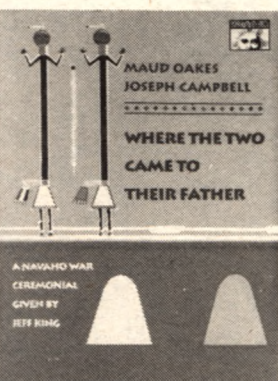


A Joseph Campbell Companion
Reflections on the Art of Living
Selected and Edited by Diane K. Osbon
\$20.00. cloth. ISBN 0060167181.

In 1984, Joseph Campbell and ten students gathered in Big Sur, California, at the famed Esalen Institute, to immerse themselves in an intensive exploration of the mythological dimension. During the course of this seminar, Campbell shared intimate insights and elucidated the full range of his life-long scholarly pursuits.

From this unique, thirty-day encounter, poet Diane Osbon has selected Campbell's most illuminating perceptions into those fundamental subjects that are of perennial human concern: the challenge of living in the world, the process of spiritual awakening, the struggle to come into awareness, and the art of living in the sacred.

This exquisite volume, crafted with love and care, will enrich, uplift, and inspire everyone it touches.



first time drafted into the U.S. military, ethnologist Maud Oakes recorded the legend and made reproductions of the beautiful ceremonial paintings, given to her by the medicine man Jeff King. Originally printed separately in a portfolio, the text and eighteen paintings are now available as a bound book.

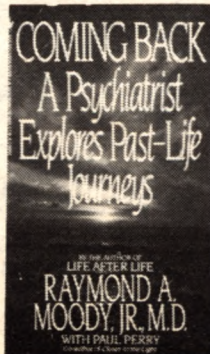
The legend recounts the birth of twin heroes, Monster Slayer and Child Born of Water, and how they traveled to the House of the Sun to find their supernatural Father, then returned to earth stronger and wiser. This is a myth not only of creation but also of kindness, death, and deception, and the ritual embodying it is seen as imparting to the warrior a divine source of power. In his commentary Joseph Campbell situates the Navaho religion, with its pantheon of

gods, myths, chants, and symbols, among the great religions of the world.

New Age Philosophy

Coming Back
A Psychiatrist Explores Past-Life Journeys
By Raymond A. Moody, Jr., MD.
\$4.99. paper. ISBN 0553293982.

Dr. Moody's pioneering research of near-death experiences changed the way we perceive dying. Now he examines the new field of regression hypnosis to discover if we can



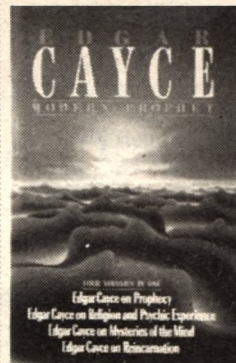
indeed recall "past lives"—and what such memories tell us about the possibility that death is not the end. Dr. Moody presents the findings of research conducted on psychologically healthy patients who, under deep hypnosis, could describe in vivid detail episodes from other historical peri-

ods they could not possibly have known unless they'd lived before. This is a provocative look at the possibility that we have lived before birth and will go on living after death.

Edgar Cayce
Modern Prophet Four-Volumes in One:
E. C. on Prophecy
E. C. on Religion and Psychic Experience
E. C. on Mysteries of the Mind
E. C. on Reincarnation
\$9.99. Cloth. ISBN 0517697025

One of America's most important psychics, Edgar Cayce was gifted with a unique clairvoyance. During periods of so-called "sleep," he was able to diagnose illness, often in people he never met, and then prescribe medical treatment. With no formal medical training, Cayce healed thousands of people who had previously tried conventional medicine without success.

This omnibus volume contains four separate books about Edgar Cayce's extraordinary abilities and their far-reaching implications for the psychic world.



Edgar Cayce on Prophecy explores the major prophecies and predictions of Cayce's. It includes his theories of evolution, reliance on dreams, and unusual facts about Atlantis.

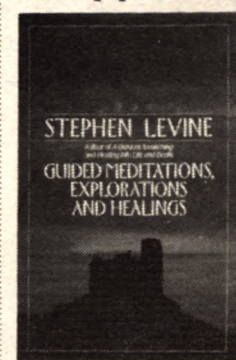
Edgar Cayce on Religion and Psychic Experience shows how religious faith can develop psychic powers.

Edgar Cayce on Mysteries of the Mind examines his revelations about human consciousness—from the power of visualization to entering altered states, from premonitions to increasing willpower and understanding dreams. Finally, *Edgar Cayce on Reincarnation* recalls the accounts of people who have lived before and provide remarkable evidence for one of the most unique and unifying forces in our universe, the force that is called time without end.

These four volumes constitute a fascinating and comprehensive source book on one of the greatest psychics of our time.

Guided Meditations, Explorations and Healings

By Stephen Levine
\$11.00. paper. ISBN 0385417373.



For nearly two decades Stephen and Ondrea Levine have been developing guided meditations for healing and the deepening of awareness. These "technologies of the heart" have been, and continue to be, used widely in meditation centers, hospices, and hospitals

around the world. Additionally, their techniques for deep exploration of the mind/body are now taught in medical schools from Harvard to Stanford.

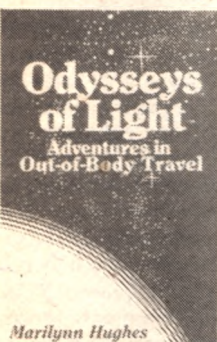
This book is the culmination and distillation of the Levines' profound investigation into the unseen reaches of human consciousness and provides a compassionate illustration of the "experiments in the healing we took birth for." The insights and ongoing processes found within these pages are shared for the benefit of all who are drawn to looking inward and all who seek spiritual renewal and a merciful awareness of life.

The Mystical Tarot
Your Step-by-Step Guide
to the Tarot's Ancient & Mysterious Symbols
By Rosemary Ellen Guiley
\$4.99. paper. ISBN 0451168003.



For thousands of years people have used Tarot cards to divine the future and discover meaning in their lives. This book is a complete and comprehensive guide to the Tarot that not only explores the history and practical uses of the cards, but also includes an in-depth study of each of the three different schools of Tarot reading: the differences between the popular Rider-Waite deck and other decks, and the divinatory implications of those differences.

Also included are easy-to-understand diagrams and illustrations, six different methods of laying out the cards, and step-by-step instructions on how to meditate with the Tarot.



Marilynn Hughes

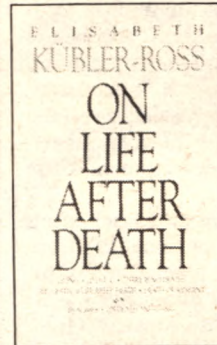
Odysseys of Light
Adventures in Out-of-Body Travel

By Marilyn Hughes
\$8.95. paper. ISBN 1878901117.

A natural follow-up to the pioneering works on the out-of-body experience by Robert Monroe and D. Scott Rogo, this is one woman's diary of her experiences on the "other side." Marilyn Hughes shows how to

approach the out-of-body experience fearlessly, with the knowledge that one cannot be harmed, that all there is, is love. She also captures the actual "feel" of the journey, the search, the experience itself, in a manner never before written.

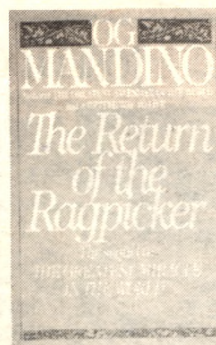
On Life After Death
Living & Dying; There Is No Death; Life, Death, & Life After Death; Death of a Parent
By Elisabeth Kubler-Ross
\$7.95. paper. ISBN 0890876533.



Dr. Elisabeth Kubler-Ross is the world's foremost expert on the subjects of death, dying, and the afterlife. This book collects for the first time four essays drawn from her years of "working with the dying and learning from them what life is all about," in-depth research on life after death, and her own feelings and opinions about this fascinating and controversial subject.

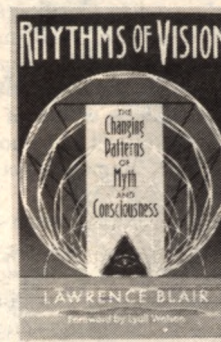
The Return of the Ragpicker
The Sequel to the Greatest Miracle in the World
By Og Mandino
\$17.50. cloth. ISBN 0553071297.

Nearly twenty years ago in a Chicago parking lot, Og Mandino met a man who changed his life and who inspired millions of readers in the pages of Mandino's classic bestseller *The Greatest Miracle in the World*. The man's name was Simon Potter and he called himself a ragpicker—because he had devoted his life to rescuing people who had ended up on life's refuse pile. But just as suddenly and



The Return of the Ragpicker marks the return of hope for the future. As we hurtle toward the twenty-first century, here is a simple yet powerful set of principles designed to point you, your family, your entire community toward a more promising, prosperous, and fulfilling tomorrow.

Rhythms of Vision
The Changing Patterns of Myth & Consciousness
By Lawrence Blair
\$12.95. paper. ISBN 0892813202.



Author of the book and television series *Ring of Fire*, Lawrence Blair weaves a "fabric of myth" that embraces both the emotional and rational aspects of human nature. He shows how the inner and outer realities of occult and scientific knowledge stand not in opposition to one another but merged in recognizable, recurrent patterns, including: numbers in mathematics and sacred geometry, myths of outer

mysteriously as Simon Potter entered Og's Mandino's life, so did he leave it—his work apparently done. Two years ago, however, their paths crossed once again. Here is the story of the Ragpicker's return and his powerful new message of courage and hope in a troubled world.

space exploration and ancient legend, vibrations in crystals and shapes such as the pyramid and mandala, and energy in the human organism and our symbols of divination.

Blair contends that we are poised on the threshold of a new age of thought—one that will reject assumptions based purely on tangible, measurable "scientific" fact. He maintains that the intuitions of myth, the ancient occult arts, and the mystical and prophetic rituals of religion compose a lore of energy-rhythms that converge with scientific discoveries at the frontier of contemporary insight. "This pulse between gravity and levity, entropy and vitality, breathing out and breathing in, is as discernible in the galaxies as it is in the affairs of men," Blair writes, "for our myths, too, our 'ways of seeing,' break in cyclic rhythms on the beach of time."

For Blair, the outer chaos and confusion of our time is but the disturbance which characterizes all metamorphoses, the prelude to new myths that are being born as we "retune our tapestry of vibration to the overriding energy from which we spring."

Twelve-Tribe Nations
and the Science of Enchanting the Landscape
By John Michell and Christine Rhone
\$14.95. paper. ISBN 0933999496.

Throughout the world there survive traditions of a former ideal social order in which nations were divided into twelve tribes, each corresponding to one of the twelve signs of the zodiac. Examples of such societies are to be found in all times and places, from remote antiquity to the nineteenth century, from Iceland to Madagascar, from Europe through the ancient East to America. Wherever they occur they are associated with a golden age, in which the comforts and culture of civilization combined with the spiritual values of primal human nature.

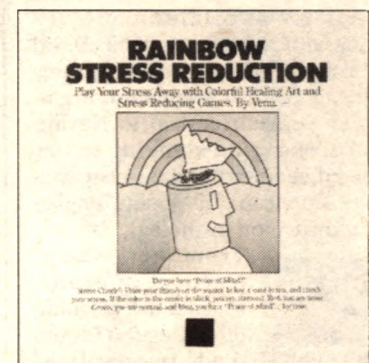


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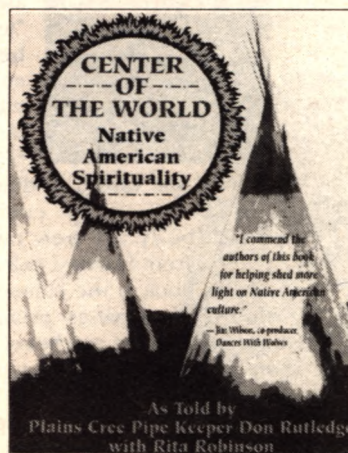
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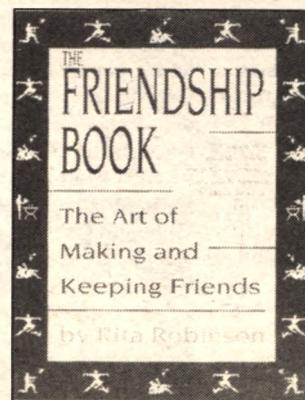
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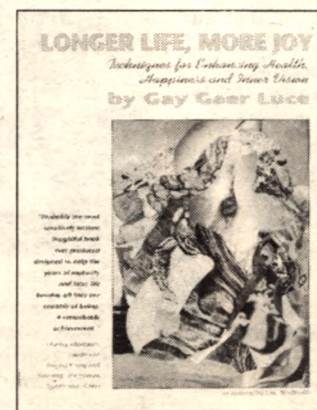
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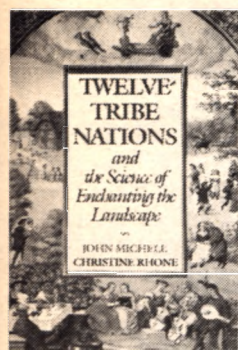


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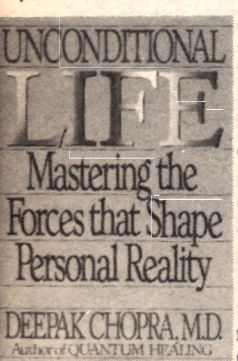


In the Laws, Plato gives the blueprint for an ideal twelve-tribe constitution. Best known of such organizations are the twelve tribes of Israel under King Solomon, but there have been many others. They are described here for the first time together with the musical, mythological and astronomical enchantments which kept these societies in harmony with the cosmos.

This is also a book of revelations. New light is shed on many ancient mysteries: the aligned St. Michael sanctuaries of Europe, the astrological landscapes of classical Greece, and the true site and function of the Temple at Jerusalem. Most remarkable is the disclosure of Jerusalem's early foundation plan, a pattern of symbolic geometry which unites the Temple and the Christian holy places within one great sanctuary. These subjects are not only of antiquarian interest, but lead to the rediscovery of an ancient code of knowledge which produced harmony between nature and humanity—and is therefore as relevant to the present and future as it was to the past.

Unconditional Life

Mastering the Forces that Shape Personal Reality
By Deepak Chopra, M.D.
\$21.50. cloth. ISBN 0553076094.



Deepak Chopra has emerged as one of the most powerful writers in the field of mind-body medicine. His extraordinary best-seller *Quantum Healing* explored the mind's connection to seemingly miraculous recoveries from cancer and other serious illnesses. Now he undertakes an even greater challenge: healing the emotions and spirit as a means to achieve total freedom.

His new inquiry begins with the urgent questions of a physician who cares deeply for his patients' humanity: Why do some patients "do all the right things" and still not improve? Why do the terminally ill often seem relieved, almost happy, as if dying was teaching them how to live for the first time? Can human beings learn only through suffering, or is there another way to find meaning and fulfillment?

Filled with dramatic case histories, this book brings together disciplines ranging from modern physics and neuroscience to the ancient traditions of Indian wisdom. Dr. Chopra's thesis is that our perception creates our experience—we live inside the boundaries of our conditioning, and yet boundless freedom lies outside them.

Every reader will take from this book a deepened awareness of the powers of consciousness and an inspiring new vision of our unlimited potential.

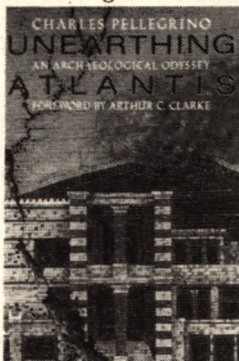
Unearthing Atlantis

An Archaeological Odyssey
By Charles Pellegrino,
foreword by Arthur C. Clarke
\$23.00. cloth. ISBN 0394575504.

In the late 1960s, an archaeologist excavating a promising site on the island of Thera, near Crete, discovered what he took to be an ancient civilization's royal palace. The multi-storied structure boasted frescoes of surpassing beauty, exquisite architecture and plumbing of near-contemporary sophistication.

Astonishingly, test digs as far as half a mile away revealed dwellings just as grand, connect-

ed by an intricate network of streets. Here, it appeared, lay a Minoan metropolis that rivaled any of the great powers of the ancient world, and it was amazing to contemplate what it might have achieved—had it survived.



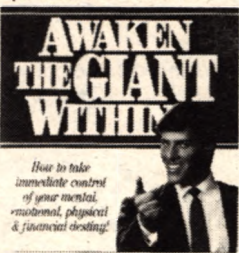
The painstaking work of the past two decades, under the spirited guidance of archaeologists Spyridon Marinatos and Christos Doumas, revealed further treasures—tools, vases, furnishings and fossilized food—worthy of the island's ancient name, Kalliste ("the most beautiful"). It also raised evidence of terrifying, writhing and snakelike fireballs, a strange, orderly exodus and, finally, deadly tsunamis and death clouds that pointed far beyond the strict boundaries of archaeology—to paleontology, geology, history, theological and literary exegesis, even to outer space—and eventually to the mythology surrounding Plato's "lost continent" of Atlantis.

As if in a detective story, astrobiologist/paleontologist Charles Pellegrino follows the footprints. This is a fascinating odyssey that takes us along some unexpected byways—to the top of Mount Saint Helens and down along the ocean floor, on a Thera sightseeing tour backward through time—as we piece together the story of an extraordinary people tragically lost and a legend as it might have been.

Psychology

Awaken the Giant Within

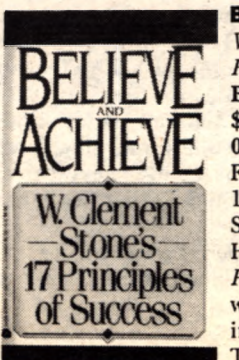
How to Take Immediate Control of Your Mental, Emotional, Physical & Financial Destiny
By Anthony Robbins
\$20.00. cloth. ISBN 0671727346.



Once again, Anthony Robbins, the author of the best-selling *Unlimited Power*, proves that you can do, achieve, and create anything you want for your life. In *Awaken the Giant Within*, he shows you how to take immediate control of your mental, emotional,

physical and financial destiny.

Building on Robbins's proven strategies that have helped millions of people worldwide, *Awaken the Giant Within* reveals for the first time the secret power of core beliefs, quantum questions, transformational vocabulary, and life metaphors. Through inspirational anecdotes, case studies, personalized self-help tests, and a program that anyone can follow, Anthony Robbins teaches you the fundamental lessons of self-mastery that will enable you to take control of your life and begin to harness the forces that shape your destiny.



Believe and Achieve
W. Clement Stone's 17 Principles of Success
By Samuel A. Cypert
\$4.99. paper. ISBN 038076377X.

First published in 1952, W. Clement Stone and Napoleon Hill's *Success Through a Positive Mental Attitude* was a groundbreaking inspirational classic. Throughout the years,

Stone's extraordinary PMA philosophy has proven enormously effective—as many of today's leaders in government, business, education and the arts can readily testify.

Here Samuel A. Cypert has updated W. Clement Stone's remarkable techniques for the hectic, high-tech '90s—offering invaluable proven methods that can help anyone climb to previously undreamed-of heights of personal accomplishment in business and in life.

Homecoming

Reclaiming and Championing Your Inner Child
By John Bradshaw
\$12.50. paper. ISBN. 0553353896.

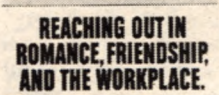


Using a wealth of practical techniques, informative case histories, and unique questionnaires, John Bradshaw demonstrates how your wounded inner child may be causing you pain. You'll learn to gradually, safely, go back to reclaim that inner child—and literally help yourself grow up again. *Homecoming* shows you how to: validate your inner child through meditations and affirmations; give your child permission to break destructive family roles and rules; adopt new rules allowing pleasure and honest self-expression; deal with anger and difficult relationships and pay attention to your innermost purpose and desires.

Simple and direct, *Homecoming* presents the essence of the inner child workshops that Bradshaw has presented in his popular PBS series and best-selling books.

Dare to Connect

Reaching Out in Romance, Friendship, and the Workplace
By Susan Jeffers, Ph.D.
\$18.00. cloth. ISBN 0449905403.



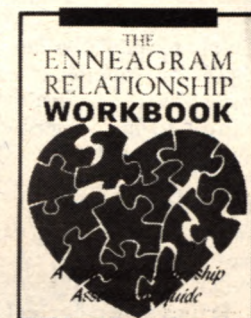
At times we've all felt unsure, alone, anxious, or unworthy. When it comes to reaching out to others, there's the little voice inside our heads telling us to stop. Why face rejection? Sometimes it's easier to be alone, to stay home from the party. That way we won't get hurt.

Yet we all want to be liked. To be loved. We all want to feel close to our mates, friends and colleagues. What we don't always know is how to make the connection.

In *Feel the Fear and Do It Anyway*, Dr. Jeffers showed us how to conquer our fears and take risks. Now in this new book she reveals to us the heart and soul of connection. Her insights and tools pave the way for ending isolation and loneliness, and creating a sense of belonging anywhere we go. We learn that this is a world where there are no strangers and we never need to feel alone.

With wisdom and humor, Susan Jeffers presents the kind of inspirational ideas and down-to-earth help—exercises, meditations, and recommendations for further reading and listening—that have made her workshops so successful. You will gain the confidence, courage, and self-love you need to start connecting—and enjoying the wonderful relationships you deserve.

The Enneagram Relationship Workbook
A Self and Partnership Assessment Guide
By Margaret Frings Keyes
\$14.95. paper. ISBN 1882042085.



The Enneagram is a geometric symbol that refers to nine basic personality types and their interrelationships. This unique relationship workbook uses the patterns of the Enneagram to help you acquire a taste for enlightenment by

consciously reversing roles and entering the states of mind of nine quite different characters. Looking at "what's so" in your life in specific, concrete situations is a most practical way to identify your Enneagram compulsions. Looking at these same issues through the eyes of different people gives you information and options for change in your life, partnerships and marriage.

The workbook includes: an easily scored checklist to identify your Enneagram personality type; the Enneagram Personalities At-A-Glance chart of clusters of traits associated with each Enneagram type; and the Partnership Path to Self Knowledge chart that details the four stages in relationships that parallel the Individuation/Enlightenment process.

Facing the World with Soul

The Reimagination of Modern Life
By Robert Sardello
\$14.95. paper. ISBN 0940262460.

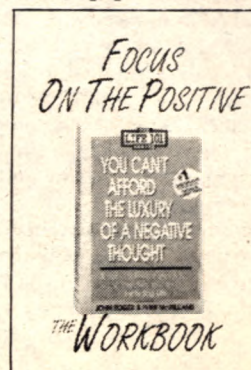


For over a hundred years psychologies have sought methods for healing the individual soul. Now the being in need of care is the world. All the organizing forms which ought to enrich life with beauty, purpose, and depth no longer do so. To heal ourselves we need to reimagine the world.

Beginning with the myth of Sophia, the Soul of the World, Sardello evokes a sense of the world as filled with her presence. He goes on to suggest that the soul's primary parts—its arts of concentration, meditation, imagination, contemplation—rather than belonging to individual consciousness, constitute a giving over of subjective, personal states to the consciousness that is the soul of the world. He shows how, practicing these arts, we can begin to approach daily life in a new way. The chapters that follow build up a psychology of the world—of architecture, money, the city, medicine, food and technology.

Focus on the Positive

The Workbook
By John-Roger & Peter McWilliams
\$11.95. paper. ISBN 0931580234.

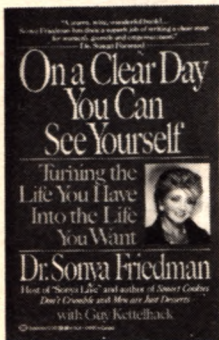


This workbook is designed to be used in conjunction with *You Can't Afford the Luxury of a Negative Thought*. The workbook can be used alone, but the authors suggest that maximum benefit can be gained from using both, as each chapter in the book has a corresponding exercise in the

workbook. Some chapters have more than one exercise and some exercises cover more than one chapter. The authors recommend that you read the chapter in *You Can't Afford the Luxury of a Negative Thought* just before doing the exercises designed for that chapter.

The workbook is simple to follow, written in the authors' straight-forward, no-nonsense style and provides plenty of writing space to record experiences and personal observations.

On a Clear Day You Can See Yourself
Turning the Life You Have Into the Life You Want
By Dr. Sonya Friedman
\$8.00. paper. ISBN 0345375971.

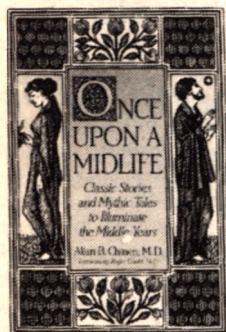


From the perfect homemaker of the 1950s through the superwoman of the 1980s, women have been trying on role after role in their quest for self-fulfillment—and often falling short. Why? Because in the midst of all this change, there is one debilitating constant: the myth

that happiness lies in the right man, the right home, or the right job.

In this wise and inspiring book Dr. Friedman shows you how to throw away society's expectations, bolster your self-esteem, and take responsibility for your own life. Dr. Friedman also explores here the nine myths that women are taught about their lives, the four R's of positive action, emotional fitness exercises, and the empowering seven goals for Grown-Up Women that will help you decide what you want and help you achieve your dreams.

Once Upon a Midlife
Classic Stories and Mythic Tales to Illuminate the Middle Years
By Allan B. Chinen, M.D.
\$18.95. cloth. ISBN 0874776775.



Once upon a time... fairy tales were only for children. Today, people of all ages enjoy learning from timeless teaching stories and classic myths.

This is the first book of "middle tales"—myths and stories aimed at helping adults to face and resolve the special issues of mid-life. Allan B. Chinen, a San Francisco psychiatrist, has collected twenty tales from around the world that focus on this often difficult period and offer unconventional, even surprising, answers to its problems. Chinen's thoughtful commentaries on each tale are insightful and provocative, challenging readers to reflect on their own lives, question their values, and discover their individual paths to wisdom.

The tales explore a wide range of issues: the loss of youthful ideals; resistance to settling down to careers and committing to marriage; male/female differences in roles and sensibilities; the role of suffering in gaining insight; facing aging and mortality and seeking the wisdom of renewal.

The teaching power of fairy tales has been used throughout the ages and Allan Chinen offers a unique source of guidance for navigating the peaks and valleys of mid-life.

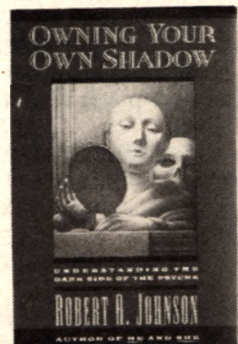
Open Mind, Discriminating Mind
Reflections on Human Possibilities
By Charles T. Tart, Ph.D.
\$13.00. paper. ISBN 0062508946.



One of the world's leading experts on consciousness and human potential, Charles T. Tart here joins the power of scientific method with the excitement and mystery of the spiritual. Presented in clear, pragmatic terms, Tart's theories encompass dreams, psychic

phenomena, psychological and spiritual growth, meditation, and how to deal sensibly with the myriad possibilities offered by the New Age and our increasingly technological society. With this authoritative and entertaining guide, everyone may begin to test the limits of personal perception and find new ways of looking at, and through, everyday reality.

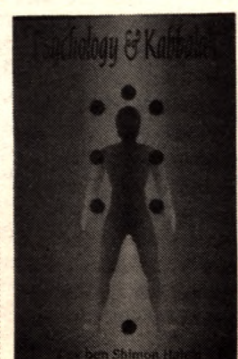
Owning Your Own Shadow
Understanding the Dark Side of the Psyche
By Robert A. Johnson
\$14.95. cloth. ISBN 0062504223.



In this powerful new work, popular Jungian author Robert A. Johnson (*He, She, and We*) explores our need to "own our own shadow"—the term Jung used to describe the dark, hidden aspect of the ego or persona. Johnson guides us through an exploration of the shadow: what it is, how it originates, and how it is formed through the process of acculturation, and the havoc that it can wreak if not absorbed.

"It is astonishing to find that some very good characteristics turn up in the shadow," writes Johnson, "Generally, the ordinary, mundane characteristics are the norm. Anything less than this goes into the shadow. But anything better also goes into the shadow! Some of the pure gold of our personality is relegated to the shadow because it can find no place in that great leveling process that is culture. Curiously, people resist the noble aspects of their shadow more strenuously than they hide the dark sides."

Johnson sees the "owning" of one's shadow as a religious process, a means by which wholeness is restored to the personality. Noting that the original meaning of the word religion is to re-relate—to put back together again, to heal the wounds of separation—he emphasizes the absolute necessity of putting our fractured world back together again. This is accomplished by coming to terms with the shadow and incorporating it into the conscious self.



Psychology & Kabbalah
By Z'ev ben Shimon Halevi
\$12.50. paper. ISBN 087728671X.

The author of this book examines psychology as the study of the archetypal world that hovers between Earth and Heaven—or between our physicality and the prenatal memory from which we came. *Psychology & Kabbalah* sets the study of psy-

chology within the scheme of Kabbalah, which takes into account the origin of all human beings and their divine, spiritual and physical make-up.

This text relates the structure and dynamics of the Tree of Life to theories of Jung and Freud. Included are issues encountered by the developing individual, as well as those of madness and pure mystical experience. Not only of interest to Kabbalists, this is also an important book for psychologists who wish to explore the symbolism of the Tree of Life as a framework for the journey into the Self.

Sandplay Studies
Origins, Theory & Practice
By Katherine Bradway, Karen A. Signell, et al.
\$19.95. paper. ISBN 0938434403.



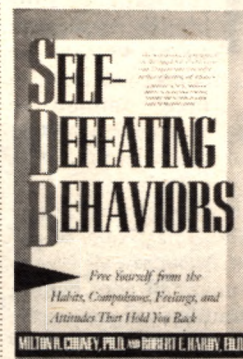
Sandplay is a powerful therapeutic method which provides the transformative experiences and evokes the affects that are essential ingredients of intra-psychic growth and self-realization.

Developed by the Swiss Jungian analyst Dora Kalff, against the background of Margaret Lowenfeld's World Technique, sandplay is being used by increasing numbers of psychotherapists working with adults and children.

The full range of applications of sandplay as an adjunct to other verbal and experiential forms of therapy is revealed in chapters which report on the use of sandplay with children, men and groups.

Sandplay Studies includes an annotated bibliography of the best and most relevant works relating to the method, as well as a bibliography of works on the standardization of psychological tests using sandplay.

Self-Defeating Behaviors
Free Yourself from the Habits, Compulsions, Feelings, and Attitudes That Hold You Back
By Milton R. Cudney, Ph.D. & Robert E. Hardy, Ed.D.
\$18.95. cloth. ISBN 0062501690.

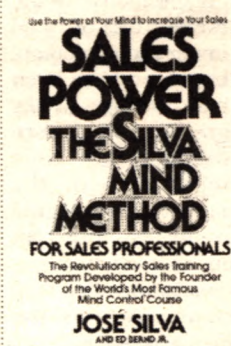


Self-defeating behaviors are actions or attitudes that once worked to help us cope with hurtful experiences but now prevent us from responding to life in healthy ways. These behaviors lead us to continually make the same choices in work, school, and relationships that perpetuate cycles of failure and defeat. In this innovative guide, the authors show us how to free ourselves from the inappropriate, often-crippling behaviors and thought patterns that sabotage our success.

Only we can free ourselves of these troubling old habits and thought patterns. Through real-life examples, self tests, and charts, Cudney and Hardy show us how to recognize and change our self-defeating behaviors. Techniques outlined include: identifying problem behavior, determining when this behavior comes into play, intercepting problem behavior, developing replacement techniques, facing fears, and overcoming setbacks.

Self-Defeating Behaviors is excellent for anyone interested in making positive life-affirming changes.

Sales Power
The Silva Mind Control Method for Sales Professionals
By José Silva
\$10.95. paper. ISBN 0399516980.



The founder of the world's most successful mind development program offers proven techniques to unlock the hidden potential of your mind and your sales productivity.

José Silva has been selling since he was six years old. As a teenager, he was a prosperous businessman employing other youngsters who sold merchandise door to door. Here, for the first time, he combines sales savvy with his revolutionary mind development program, in a book designed for all sales professionals.

Based on the material developed for the Silva Method, sales training program, *Sales Power* explains how to use the power of your mind to meet all your sales goals.

Transformation
Understanding the Three Levels of Masculine Consciousness
By Robert A. Johnson
\$14.95. cloth. ISBN 0062504258.



The latest work by Robert Johnson presents an innovative and dynamic model of psychological development. Using three figures from classical literature—Don Quixote, Hamlet, and Faust—Johnson shows us three clearly defined stages of consciousness development: simple consciousness, complex consciousness, and enlightened consciousness. He then illustrates how the true work of maturity is to grow through these three levels to the self-realized state of completion and harmony.

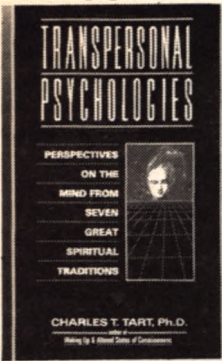
In Cervantes' *Don Quixote* we see the state of unconscious perfection, the simple man who is perfect without realizing it and who lives in a world where anything can happen, aware neither of pain nor fear, unaware of himself as separate from the world around him.

Shakespeare's *Hamlet* represents conscious imperfection, a man divided between the opposing forces within himself and full of despair in the face of the tragic nature of life. This is the state of modern Western man—aware of his shortcomings, anxious over what to do, neurotic and incomplete. As a result, modern Western culture has historically dismantled the more natural societies it has encountered, leaving entire populations stranded in the purgatory of this second level of consciousness.

The third state, conscious perfection—the state of the fully integrated man—is represented by Goethe's *Faust*. His is an awareness that has been gained by struggling with and working through the second level of consciousness—a journey that is both painful and dangerous and of particular pertinence to our contemporary culture. It is Faust who, through his own inner work, restores to wholeness the life he had torn apart to achieve the ecstatic, visionary, enlightened consciousness of which we are all capable.

According to the author, "*Transformation* is a study of the evolution of consciousness through its three main levels of development and is predominantly masculine in character. This is not to say that it is the exclusive property of males, and it should be clear that it is as applicable to women as to men."

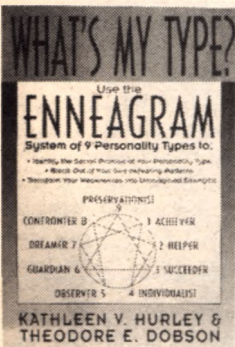
Transpersonal Psychologies
Perspectives on the Mind From Seven Great Spiritual Traditions
 Edited by Charles T. Tart
 \$17.00. paper. ISBN 0062508563.



This classic collection of essays was highly influential in establishing the field of transpersonal psychology as a social movement. Now updated with a new introduction, *Transpersonal Psychologies* expertly translates mystical traditions into the language of science for a wide readership.

Bringing East and West together, these essays provide an in-depth, psychological view of spirituality and the paranormal and an overview of our enduring search for spiritual meaning. In fascinating explorations of yoga, Buddhism, Sufism, Gurdjieff, Christian mysticism, and Western magic, Tart and his contributors outline a far-reaching new understanding of spiritual traditions of who we are.

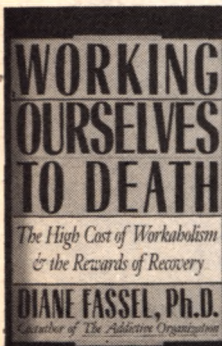
What's My Type?
Use the Enneagram System of 9 Personality Types to Discover Your Best Self
 By Kathleen V. Hurley & Theodore E. Dobson
 \$13.00. paper. ISBN 0062504215.



The authors explore how the wisdom of the Enneagram allows you to bring out the best in yourself and others. Delving deeper than other systems of personality exploration, the Enneagram system of nine distinctive patterns of unconscious motivation reveals the primary sources of our behavior and the reasons we live as we do.

Through detailed descriptions and discerning self-inventory questions, Hurley and Dobson make discovering your personality type fun and easy. They provide simple, proven methods for neutralizing negative attitudes about self and others and releasing untapped potential. Armed with the Enneagram's insights, you'll learn to transform weaknesses into strengths, break free of crippling patterns, choose new ways of relating to others, and enjoy balance and harmony.

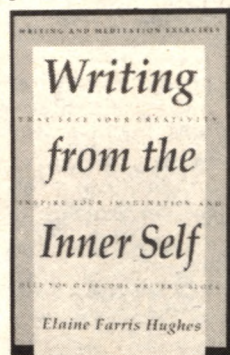
Working Ourselves To Death
The High Cost of Workaholicism & the Rewards of Recovery
 By Diane Fassel, Ph.D.
 \$9.00. paper. ISBN 0062503030.



This book reveals the pervasive modern addiction to work, vividly depicting the difference between healthy productivity and obsessiveness, and offering empowering methods for recovery. Through dramatic examples and case histories, Fassel shows how the compulsion to do

damages personal relationships, physical well-being, and work performance. Her simple, proven techniques guide readers toward balance and serenity.

Writing from the Inner Self
 By Elaine Farris Hughes
 \$9.00. paper. ISBN 0062720236.
 Designed to be used when inspiration lags or when refreshment is needed, *Writing from the Inner Self* is a new kind of writing book. By combining writing and meditation, Elaine Farris Hughes has created a revolutionary new way to provide writers access to a supply of unique and creative material: the part of the mind that contains memories, the most original thoughts, and true feelings. This book teaches writers how to look to their inner selves to create simple, honest, and readable prose.

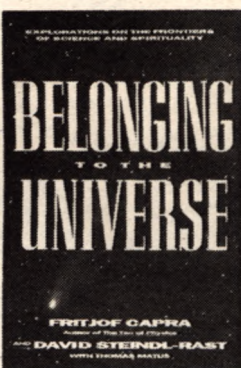


Each of the 63 step-by-step exercises combines some form of meditation, introspection, body awareness or reliving of past events. Grouped by what they do for the writer, they start at the simplest level—the body—and move through feelings, sensory awareness, mental observations, memories and imagination.

This is an invaluable book for any writer who has ever needed to stimulate creativity and overcome writer's block.

Science & Ecology

Belonging to the Universe
Explorations on the Frontiers of Science and Spirituality
 By Fritjof Capra and David Steindl-Rast, with Thomas Matus
 \$18.95. cloth. ISBN 0062501879.



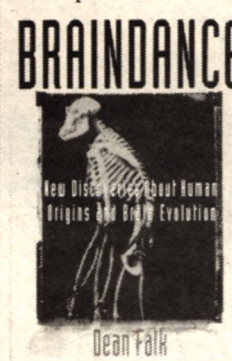
Ever since 1975, when Fritjof Capra wrote *The Tao of Physics*, an international bestseller on science and Eastern religion, readers have discovered, or rediscovered, a remarkably rich tradition of Christian spirituality closer to home. *Belonging to the Universe* links science with Western spirituality as surprisingly as *The Tao of Physics* linked science with Eastern religion.

In this work, Capra and David Steindl-Rast, a Benedictine monk compared by many to Thomas Merton, investigate the parallels between "new paradigm" thinking in science and religion that together offer a remarkably compatible view of the universe—a profound, holistic model based on an awareness of the complex nature of truth and the myth of objectivity.

This animated dialogue sheds light on new and surprising connections between science and the experience of God. As recognized experts in their fields—Capra in theoretical physics and systems theory, Steindl-Rast in contemporary spirituality and ecumenism—both have moved beyond their specialization's into a creative interdisciplinary and cross-cultural search for meaning. The result is this remarkable book in which they find a deep compatibility on the frontiers of scientific thinking and religious experience, where the discoveries of science and the wisdom of spirituality yield parallel insights into the ultimate nature of reality.

Braindance
New Discoveries About Human Origins and Brain Evolution
 By Dean Falk
 \$24.95. cloth. ISBN 0805012826.
 Drawing on original research, paleontologist Dean Falk reveals the conditions and circum-

stances that allowed a group of ape-like individuals to evolve, over a period of five million years, into Homo Sapiens. From field to laboratory, the author reexamines new and old assumptions about our evolution.

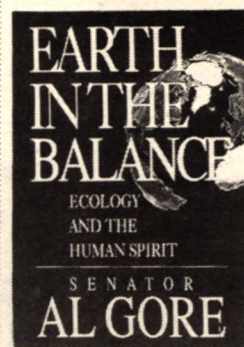


Employing diagnostic imaging techniques to examine lateralization in the left and right hemispheres of the brain, Dean Falk discusses the evolution of visual skills, right-handedness, and language ability. Her observations indicate that male and female brains are not identically organized. Finally, the author makes it clear that it is not the human brain that is qualitatively different than the brains of our primate cousins, but the choreography, the braindance that defines us as human.

Earth in the Balance
Ecology and the Human Spirit
 By Senator Al Gore
 \$22.95. cloth. ISBN 0395578213.

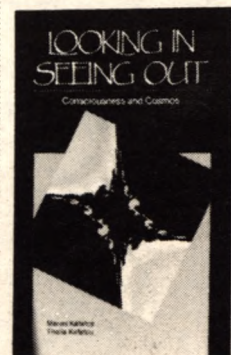
A passionate defender of the environment for more than twenty years, Senator Al Gore is now convinced that the engines of human civilization have brought us to the brink of catastrophe. In this brave and provocative book, Gore argues that only a radical rethinking of our relationship with nature can save the Earth's ecology for future generations.

Astonishingly, some politicians and business leaders still insist that the threat isn't real. But Gore proves that it is, using the lat-



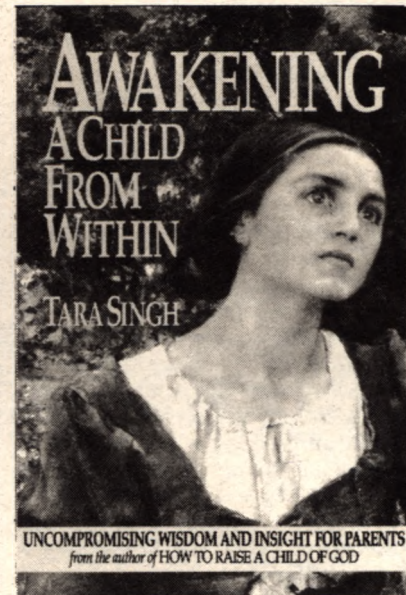
est research, he demonstrates that the quality of our air, water, and soil is at grave risk. Such alarming issues as the deteriorating ozone and the rapid destruction of the world's rain forests must now be considered from a strategic point of view. The roots of this crisis reach into every aspect of society, and Gore's forceful analysis of where we've gone wrong ranges across politics, history, science, economics, psychology, and religion.

The severity of the environmental crisis requires a bold and visionary response, and Al Gore believes that it will take nothing less than a new conception of both the individual and society. This illuminating book is required reading for all who perceive the urgent need to bring the Earth back into balance.



Looking In, Seeing Out
Consciousness & Cosmos
 By Menas Kafatos & Thalia Kafatos
 \$13.95. paper. ISBN 0835606740.

Most books on science and mysticism attempt to link modern physics to philosophic views of consciousness. This book explores the two as parallel processes—one



Tara Singh's new book is for parents who want to raise strong, independent, creative children who are free to express the gifts they were meant to give to the world. It offers the strength parents need to keep their own integrity in a society which encourages compromise.

ISBN 1-55531-253-5
 416 pages \$16.95

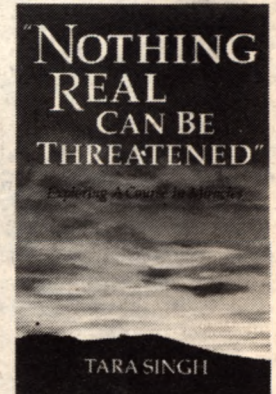


This book makes *A Course In Miracles* accessible and gives clear guidelines on how to live the truths contained in it. An essential introduction to the Course!

ISBN 1-55531-249-7
 176 pages \$4.95

Bodhi Tree carries Tara Singh's
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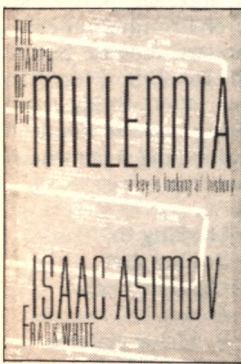


Tara Singh shows you how to live a life that is free of insecurity, anger, blame, and unfulfillment by undoing fear, the root of all our problems.

ISBN 1-55531-230-6
 284 pages \$12.95

outer, one inner. Our outward search is for objective reality—"out there" in the world. But what we experience as outer is linked to what we can know in ourselves subjectively. The inward search is for that level of consciousness that underlies all subjective experience spoken of by the mystics. The authors here hold that the realms of consciousness and the objective world are complementary aspects of the same reality. Their approach is fresh and unique and shows how we are deeply involved in the cosmic process.

The March of the Millennia
A Key To Looking At History
By Isaac Asimov
\$18.95. cloth. ISBN 0802711227.

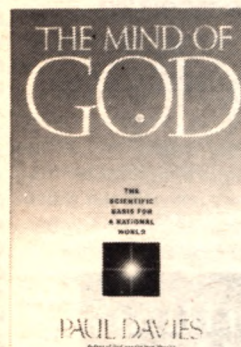


As we near the millennium, Isaac Asimov, internationally acclaimed futurist and author, gives us a concise overview of the major trends, events, and personalities of world history, millennium by millennium, from 8,000 B.C. to the present...and beyond.

Asimov uses this information in an innovative framework for thought, projecting what may lie ahead for us. In *The March of the Millennia*, Asimov provides a new key to understanding our past history and future. How will people adapt to continued increases in the Earth's population? What are the long-term environmental problems that we face as a planet and what, if anything, can be done about them? What role will the computer play in our personal lives? Asimov, with the able assistance of Frank White, addresses these and many other questions.

The March of the Millennia combines a readable chronicle of the past with a tantalizing glimpse of the future. This unique volume features a comprehensive timeline extending from 8000 b.c. through A.D. 3000.

The Mind of God
The Scientific Basis for a Rational World
By Paul Davies
\$22.00. cloth. ISBN 0671687875.



Throughout history, humans have dreamed of knowing the reason for the existence of the universe. In his new book, physicist Paul Davies (*God and the New Physics*) explores whether modern science can provide the key that will unlock all the secrets of existence.

Many scientists now believe that, given the laws of nature, the universe can come into being spontaneously, without the need for a creator. Phenomena such as life and consciousness also seem to be explicable in scientific terms. Yet a profound mystery remains. Where do these laws of nature come from? Have they been created by God, or can they be explained some other way?

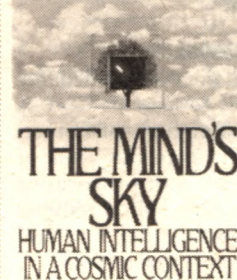
The mystery deepens when it is recognized that the laws that produced the big bang also encouraged the emergence of organized complexity in the universe, leading eventually to conscious organisms. Davies argues that these laws must have a remarkably special form. In a bold and controversial analysis, he claims that the success of mathematics in describing nature points to a deep and significant link between the human mind and the organization of the physical world.

In his quest for an ultimate explanation of existence, Davies explores the origin and

evolution of the cosmos, the nature of life and consciousness, the possibility of other universes, and the claim that our universe is a kind of gigantic computer. His startling conclusion is that the universe is no accident, but is structured in a way that provides a meaningful place for thinking beings.

"Through science," Davies writes, "we human beings are able to grasp at least some of nature's secrets. We have cracked part of the cosmic code. Why this should be, just why Homo Sapiens should carry the spark of rationality that provides the key to the universe, is a deep enigma. We, who are children of the universe—animated stardust—can nevertheless reflect on the nature of that same universe, even to the extent of glimpsing the rules on which it runs." By means of science, we can truly see into the mind of God.

The Mind's Sky
Human Intelligence in a Cosmic Context
By Timothy Ferris
\$22.50. cloth. ISBN 0553080407.

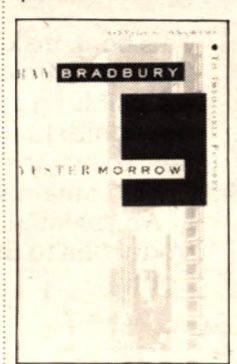


In this highly-fascinating book, Timothy Ferris brilliantly synthesizes inner and outer space with a penetrating examination into the nature of the universe and the human brain that perceives it. Through the lenses of two innovative fields of scientific research—neuroscience and the search for extraterrestrial intelligence, or SETI—Ferris brings into focus a new vision of the relationship between mind and universe.

Whether contemplating the possibility of otherworldly life-forms or pondering the consequences of virtual reality computer technology, Ferris captures our sense of wonder with a lucid and imaginative look at one of modern science's greatest challenges: how we can understand, interpret, and, ultimately, reconcile the equally mysterious realms of mind and universe. From ancient Stone Age burial mounds to today's state-of-the-art laboratories, solving this eternal riddle has been the goal of philosophers and mystics, occultists and poets, alchemists and scientists.

In *The Mind's Sky*, Ferris examines the "dance" between mind and cosmos, showing how the universe is partly a construct of the mind itself and asking whether intelligence—far from being a product of our world alone—may have universal currency.

Yestermorrow
Obvious Answers To Impossible Futures
By Ray Bradbury
\$19.95. cloth ISBN 1877741043.



Who are we? What are we? Where have we been? Where are we going? Journey through time to places real and imagined with Ray Bradbury, America's preeminent master of the fantastical as he ponders these questions and fashions a blueprint for tomorrow in this exceptional collection of writings.

Part memoir, part commentary, these essays are an exploration and celebration of ideas and the possible and impossible worlds they create—if only we dare to dream. Bradbury reflects on art, literature, history, science fiction, and the design of our cities, malls, museums, amusement parks, concert halls and hardware stores, and shows that the key to dreaming the future is in the obvious: the metaphors—be they people, books or toys—that inspire our imagination.

Written, as Bradbury says, "under the drunken influence of my dawn voice, my theater of morning," these energetic and delightful essays take the reader with Bradbury on a voyage to fascinating worlds of yesterday and today—and provide a glimpse into the world of tomorrow and beyond.

Sex
Yellow Silk
Erotic Arts & Letters
Edited by Lily Pond & Richard Russo
\$10.00. paper. ISBN 051758736X.



Yellow Silk, a compendium of erotic literature and artwork for men and women, is a joyful celebration of human sexuality in all its delightful diversity.

Yellow Silk: Journal of Erotic Arts was founded on the belief that the erotic should play a more visible role in American arts and letters. Selected from this award-winning publication, the wide variety of short stories, poems, and black-and-white artwork in this book manages to be both subtle and explicit, with writing ranging from earthy and humorous to tender and thoughtful. *Yellow Silk* guided by the editorial policy "all persuasions, no brutality..." The erotica here is heralded as a loving form of expression that treats men and women with dignity, respect and affection. The result is a quality collection by such writers as William Kotzwinkle, Marge Piercy, Gary Soto, Mary Mackey, Jane Hirshfield, Marilyn Hacker, and Robert Silverberg.

This book will appeal to countless readers seeking a sex-positive, erotic alternative.

The Encyclopedia of Erotic Wisdom
A Reference Guide to the Symbolism, Techniques, Rituals, Sacred Texts, Psychology, Anatomy and History of Sexuality
By Rufus C. Camphausen
\$19.95. paper. ISBN 0892813210.

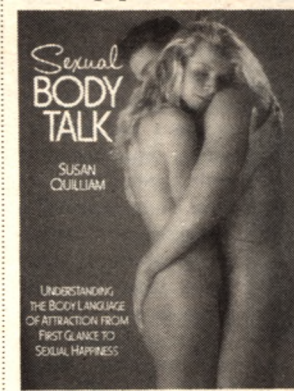


Comprehensive and clear, this reference book provides easy access to the mysteries of Eros and sexuality. Focusing particularly on the esoteric, lesser-known facets of sexuality, it ranges from the biological and historical to the symbolic and spiritual.

Extensive cross-references guide you from almost any point of departure into a fascinating exploration of erotic symbology in nature and art; sexual techniques and exercises; mystery schools and religious sects concerned with the worship of male and female energies; aphrodisiacs; sacred sites; Tantric and Taoist teachings; secrets of the Western alchemists and qabbalists; ancient deities and demons; and fertility rituals and festivals.

Illustrated throughout with black-and-white line art and fine art reproductions, the book includes numerous biographical, medical, psychological, and anthropological references. Entries concerned with women and the goddess are especially notable for their sensitivity to the myriad aspects of female sexuality. Quotations from sacred and erotic scriptures complement the text, further enhancing a journey that spans the centuries and encompasses the cultures of the world, a journey into the myth and meaning of sexuality.

Sexual Body Talk
Understanding the Body Language of Attraction from First Glance to Sexual Happiness
By Susan Quilliam
\$15.95. paper. ISBN 0881847577.



This richly illustrated, fascinating book shows you how to use unspoken communication to improve your love life. By learning how to articulate your needs to your partner through body language, and

to understand what your partner is saying—non-verbally—to you, couples will be able to take a relationship in its early stages through to intimacy, love-making and full commitment.

In a lively, informative style, Susan Quilliam guides you, step by step, through every aspect of building an intimate relationship, revealing skills to be mastered along the way.

Social Action
Compassion in Action
Setting Out on the Path of Service
By Ram Dass & Mirabai Bush
\$11.00. paper. ISBN 051757635X.

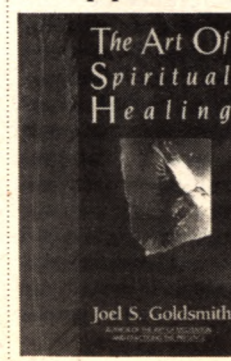


Here is a guide for those who are beginning to realize that self-fulfillment is possible through service to others. No two people are better qualified to help us along this path than Ram Dass, who has spent more than twenty years teaching and writing on the subject of living consciously, and Mirabai

Bush, who succeeded him as chairperson of the Seva Foundation, an international organization devoted to compassionate service.

What we have to give is who we are. We need to grow in awareness and insight if we wish to become more effective instruments for change. Ram Dass and Mirabai Bush demonstrate the interdependence of social and spiritual development, reawakening in us the memory of true citizenship—a vital force in the conscious relief of pain and suffering. As His Holiness the Dalai Lama has said, "Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."

Western Traditions
The Art of Spiritual Healing
By Joel S. Goldsmith
\$9.00. paper. ISBN 0062503642.



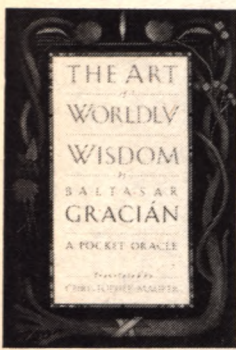
Presenting the results of thirty years of experience in practicing spiritual healing, this is one of the three books world-renowned teacher and mystic Joel S. Goldsmith felt epitomized the essence of his teachings. In a decided departure from other books on the

subject, Goldsmith alternates instruction with meditation to demonstrate how physical well-being results naturally from attaining a consciousness of oneness with God.

Covering all aspects of spiritual healing, this is Goldsmith's straightforward, non-denominational explanation of one of God's gifts to humanity.

The Art of Worldly Wisdom

A Pocket Oracle
By Baltasar Gracian, Tr.
by Christopher Maurer
\$15.00. cloth. ISBN 0385421311.



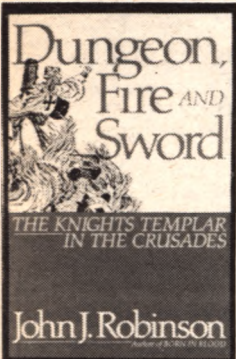
This work of timeless wisdom has largely been unavailable to modern readers. It was written 300 years ago by one of Spain's greatest writers—a worldly Jesuit scholar and keen observer of many in positions of power. Newly translated, Gracian's work draws on careful study of statesmen

and potentates who managed to combine ethical behavior with worldly effectiveness. Each of the elegantly crafted maxims in this volume offers valuable insight on the art of living and the practice of achieving.

Gracian's advice is as astonishingly appropriate today as it was in 17th-century Spain, a society resembling our own in its contiguous splendor and abject misery. These secular moral reflections on reality and appearances, self-love and friendship, wit and ignorance are sharply pragmatic, but still leave room for spirituality, tempered by prudence and discretion.

Dungeon, Fire and Sword

The Knights Templar in the Crusades
By John J. Robinson
\$24.95. cloth. ISBN 0871316579.



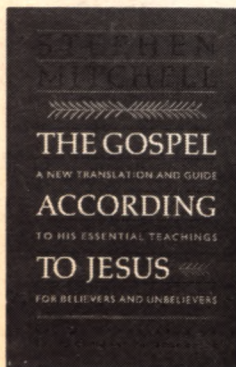
Over the past thousand years, the bloodiest game of king-of-the-hill has been for supremacy on the Temple Mount in Jerusalem, the site of the ancient Temple of Solomon. This book recounts the saga of the Knights Templar, the Christian warrior-monks who occupied the sacred Mount in the aftermath of the butchery of the First Crusade.

In telling the story of the Knights Templar, the author's clear explanation of the cultural and religious differences among the Templars' enemies and friends in the Middle East gives fresh understanding of the people who populate this restless region.

Dungeon, Fire & Sword is an interesting work of narrative history that can be read as a narrative history, a morality play, or a lesson in the politics of warfare.

The Gospel According to Jesus

A new translation and guide to his essential teachings for believers and unbelievers
By Stephen Mitchell
\$23.00. cloth. ISBN 006016641X.



This new presentation of the life and teachings of Jesus by the eminent scholar and translator Stephen Mitchell uncovers in a great spiritual classic a depth, clarity, and radiance which have until now been obscured. At the center of the book is a new translation, from the Greek, of what might be called the Essential Gospel. Gospel means "good news."

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Louise //
L. Hay
The
Power
is Within
// You

ing. Remember the first and most important step towards healing is simply the awareness of a need for change. Awareness, in time, allows you to see the beauty, love, and power that is within you."

The Power is Within You

By Louise L. Hay
\$12.00. paper. ISBN 1561700231.

Louise Hay's newest book shows how to overcome emotional barriers through: learning to trust your inner voice, loving the child within, letting your true feelings out, releasing your fears about growing older, allowing yourself to receive prosperity, expressing your creativity, and meditations for personal and planetary healing.

"We each have within us the Infinite Wisdom that is capable of making our life the most perfect life possible," says Hay. "By learning to trust that inner wisdom, we can begin to make changes in our day-to-day living.

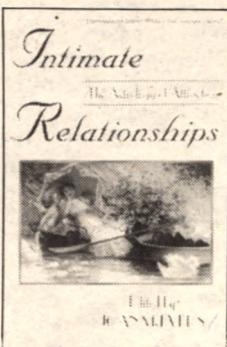
While the Gospels according to Mark, Matthew, Luke, and John are to a large extent teachings about Jesus, Mitchell has compiled a Gospel that is the teaching of Jesus: what he proclaimed about the presence of God—good news as old as the universe.

Following the example of Thomas Jefferson's *The Jefferson Bible*, Mitchell has retained only the authentic sayings and doings of Jesus, and has omitted the passages added by the early church. Gone is the "Jesus" who preaches hellfire and damnation, in contrast to the authentic Jesus' teaching about God's absolute forgiveness and love. Gone are the passages which call Jesus the son of God, in contrast to Jesus' teaching that all people can become sons (or daughters) of God, as they become like God—generous, compassionate, impartial, serene. What is left is an immensely provocative and moving image of Jesus as a real person and as a great spiritual teacher.

The Essential Gospel is preceded by a long meditation on Jesus' life and teachings, and is followed by Mitchell's detailed commentary on the text, which draws on his own Judeo-Zen background and on illuminating parallels from the Buddhist, Hindu, Taoist, Sufi, and Jewish traditions.

Intimate Relationships

The Astrology of Attraction
Edited by Joan McEvers
\$14.95. paper ISBN 087542868.



In this interesting collection, eight astrologers discuss their views on romance and the horoscope. The roles of Venus and the Moon, as well as the asteroids Sappho, Eros and Amor, are explored in our attitudes and actions towards future mates.

The theory of affinities is also presented wherein we are attracted to someone with similar planetary energies. Chapters include: Paradoxes of Intimacy, The Sexual Factor, The Soul's Plunge into the 8th House, The Quest for a Successful Marriage, Asteroids in Relationship Charts, Affinities: Hidden Relationship Urges, The Lunar Factor, The 8th House: The Sacred Site of Eros.

Intimate Relationships explores the deeper meaning of relationships with the knowledge and expertise of some of the finest astrologers

today. This book is perfect for the neophyte astrologer seeking to understand the nature of attraction and how it relates to astrology.

Meditating as a Christian

Waiting Upon God
By Peter Toon
\$9.95. paper. ISBN 0005991897

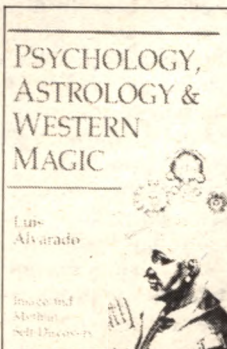


This fine book investigates the biblical origins of meditative prayer and follows its development throughout church history. Toon stresses the value of meditative prayer in Christian life while rejecting Eastern forms of meditation. He asserts that Christianity has developed

forms of meditation true to its own theology—forms in tune with the particular doctrines of the Trinity and the Incarnation.

Psychology, Astrology & Western Magic

Image & Myth in Self-Discovery
By Luis Alvarado
\$12.95. paper. ISBN 0875420060.



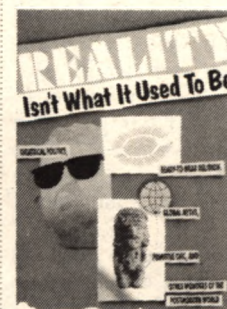
In this book we can understand the powerful story that shapes our lives and learn about the connecting thread of life—the God-image. Among the most important linkages to the God-image are psychology, astrology, myths and Western magic. Luis Alvarado uses both word and image to show how astrology, mythology, and Western magic can be applied to psychology and the therapeutic process. Through a scholarly examination of the God-images and archetypes, Alvarado helps us gain a deeper perspective on the power of myths and symbols.

Reality Isn't What It Used To Be

Theatrical Politics, Ready-to-Wear Religion, Global Myths, Primitive Chic, and Other Wonders of the Postmodern World
By Walter Truett Anderson
\$11.00. paper. ISBN 0062500171.

Walter Truett Anderson's subject matter in

this book is nothing less than the social construction of reality—how traditional societies created and maintained their ideas about the world, how postmodern artists and scholars and scientists are exposing the workings of the reality-creating machinery at the same time that new values and beliefs are being created on all sides.



Walter Truett Anderson

"If there is anything we have plenty of," writes the author, "it is belief systems. But we also have something else: a growing suspicion that all belief systems—all ideas about human reality—are social constructions. This is a story about stories, a belief about beliefs, and in time—probably a very short time—it will become a central part of the worldview of most people."

This provocative tour through the contemporary social-cultural-political landscape makes sense of everything from punk rock to terrorism to New Age religions, and gives us a startling new view of what is happening in our time.

Women's Studies

Grandmother Moon

Lunar Magic in Our Lives—Spells, Rituals, Goddesses, Legends, & Emotions Under the Moon
By Zsuzsanna E. Budapest
\$15.95. paper. ISBN 0062501143.

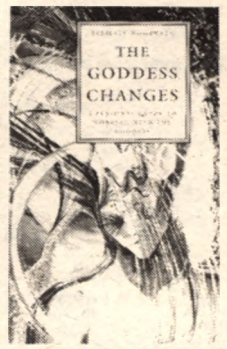


Inviting us to "look at the moon as the old ally she is," renowned feminist witch Zsuzsanna Budapest show how to tap into the moon's powers for peace, health, and energy. With delightful wit and

wisdom, she shares practical and entertaining lunar lore, from ancient moon-based rituals to lunar cycle diet tips. Budapest reveals how, by acting in harmony with the moon, women can balance everything from their mood and weight to fertility. Here is a spirited illumination of the natural cycles that influence our lives.

The Goddess Changes

A Personal Guide to Working With the Goddess
By Felicity Wombwell
\$13.95. paper. ISBN 1852741112.



This is a guide to working with the Goddess in a personal, individual way. All of us go through the cycle of life and death, and throughout our lives this cycle repeats itself in metaphorical ways. This process is reflected in the Goddess's sacred tasks of Spinning, Weaving and Cutting. By exploring the ancient feminine mysteries, and particularly the goddesses associated with the weaving of the thread of life, we can find a way of working with the changes that life brings.

Throughout the book the author encourages readers to accept their own personal experience of the feminine and the Goddess as valid. By changing with the Goddess in whatever way her spirit comes through, we help release her from the prison in which she has so long been kept and allow her wisdom and vision to infuse the world once more.

Eastern Traditions

I Am That

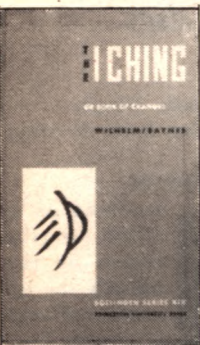
Talks With Sri Nisargadatta Maharaj
By Sri Nisargadatta Maharaj
\$16.95. paper. ISBN 0893860220.



Although Sri Nisargadatta Maharaj represented a traditional Hindu sect, he lived and taught in a very simple and humble manner. *I Am That* consists of very open and spontaneous conversations between Nisargadatta Maharaj and his students as he challenges them to experience the "real you" that is timeless and beyond birth and death.

The I Ching
or Book of Changes

The Richard Wilhelm Translation rendered into English by Cary Baynes, with a foreword by C.G. Jung
\$18.50. cloth. ISBN 069109750X.



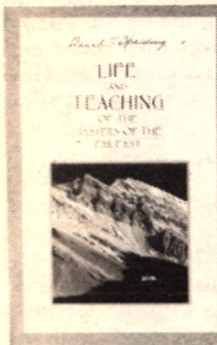
This has been a key text in the development of Confucianism, Taoism and much of Chinese culture. It may be approached both as an oracle (using stalks or coins) and as a book of wisdom.

The translator has included ancient commentaries on the underlying principles and deeper implications of the book, along with

instructions for both oracle methods. Modern readers are sometimes struck by how accurately the I Ching describes their contemporary situation.

Life & Teaching of the Masters of the Far East

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V.3 ISBN 0875163653;
V.4 ISBN 0875163661;
V.5 ISBN 087516367X.

Seeking the Heart of Wisdom

The Path of Insight Meditation
By Joseph Goldstein and Jack Kornfield
\$13.00. paper.
ISBN 0877733279.

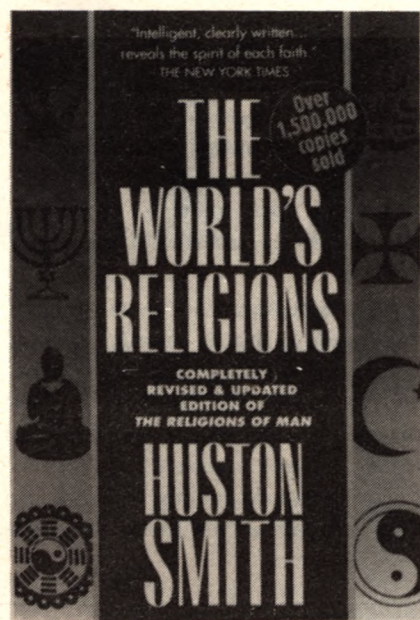
These talks by Goldstein and fellow teacher Jack Kornfield explain the practice of Insight meditation in depth.

Topics include: 'Why meditate?', 'Deepening

A BODHI TREE CLASSIC

The World's Religions

A Completely Revised and Updated Edition of The Religions of Man
By Huston Smith \$10.00. paper. ISBN 0062508113.



This is the completely revised and updated version of Huston Smith's *The Religions of Man*, a book we've often recommended over the years as an excellent introductory work. This new version has been deepened and enhanced by thirty years of additional teaching and study by the author, who is widely regarded as the most eloquent and accessible contemporary authority on the history of religions. In addition to detailed chapters on Hinduism, Buddhism, Confucianism, Taoism, Islam, Judaism, and Christianity, this edition features expanded sections on the inner dimensions of these great religious traditions, with fresh emphasis on Tibetan Buddhism, Sufism, and the teachings of Jesus. Included also is a new chapter on the symbolically rich primal religions of the Americas, Australia, Africa, and Oceania.

This classic remains an informative and fascinating presentation of both the differences and similarities in worldwide religious traditions.

levels of practice,' 'The life of the Buddha,' 'The freedom of restraint,' 'Understanding karma,' and 'The path of service.'

The Tao of Pooh

By Benjamin Hoff
\$12.95. cloth. ISBN 0525244581.
\$8.95. paper. ISBN 0140067477.



Winnie-the-Pooh has a certain Way about him, a way of doing things that has made him the world's most beloved bear. In this very popular book Benjamin Hoff shows that Pooh's Way is amazingly consistent with the principles of living envisioned long ago by the Chinese founders of Taoism. The author's explanation of Taoism through Pooh, and Pooh through Taoism, shows that this is not simply an ancient and remote philosophy but something you can use, here and now.



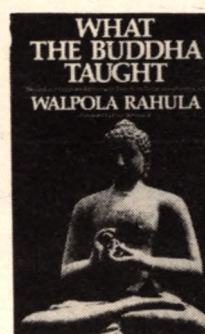
Tao Te Ching
A New English Version
By Stephen Mitchell
\$15.95. cloth.
ISBN 0060160012.
\$7.95. paper.
ISBN 0060916087.

A poetic and powerful modern translation of the *Tao Te Ching* by the eminent translator Stephen Mitchell. The *Tao Te Ching* looks at the basic predicament

of being alive and gives advice that imparts balance and perspective in a serene and generous spirit. It's a book about wisdom in action and teaches how to work for the good with the effortless skill that comes from being in accord with the Tao.

What the Buddha Taught

By Walpola Rahula
\$8.95. paper. ISBN 0802130313.



A clear and reliable introduction to the fundamental teachings of Buddhism, the Buddhist attitude of mind, and Buddhism's place in the world today. Includes a good selection of texts from the earliest records of the Buddha's teachings with an informative section on meditation. A great introductory text on Buddhist thought and practice. Highly recommended.



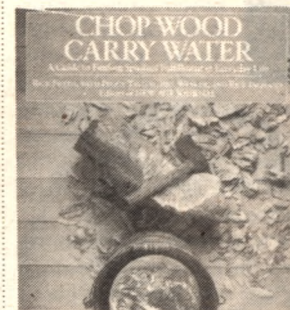
Zen Mind, Beginner's Mind
Informal talks on Zen meditation and practice
By Shunryu Suzuki
\$14.95. cloth.
ISBN 0834800527.
\$6.50. paper.
ISBN 0834800799.
Shunryu Suzuki Roshi, founder of the San Francisco Zen Center, gave these talks to a group of

American Zen students in the early '70s. Suzuki taught that approaching Zen meditation (and life) with naturalness and sincerity—"beginner's mind"—one discovers that enlightenment is already present, rather than a far-away goal to strive after. This is a book to read slowly and reread; within its apparent simplicity there are many subtle insights into "Zen mind" and "Zen living."

New Age Philosophy

Chop Wood, Carry Water

A Guide to Finding Spiritual Fulfillment in Everyday Life
By Rick Fields, with Peggy Taylor, Rex Wexler, & Rick Ingrasci
\$12.95. paper. ISBN 0874772095.

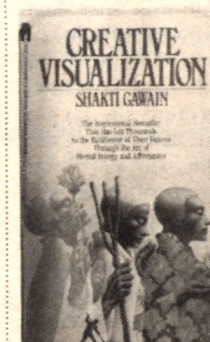


This sensible book shows us how the greatest lessons and the profoundest heights of the spiritual path can be found in our everyday life. It is the great challenge for people living in contemporary society to find the spiritual aspects of working in an office, store, or factory; raising a family; or making a relationship work. How can we make all of our daily activities a part of the path?

This is a handbook filled with information, advice, hints, stories, inspiration, encouragement, connections, warnings, and cautions for the inner journey as we live it throughout our lives.

Creative Visualization

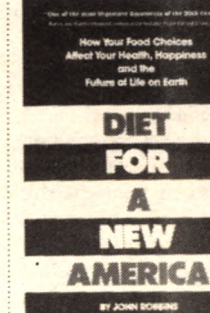
By Shakti Gawain
\$4.99. paper. ISBN 0553270443.
\$8.95. quality-paper. ISBN 0931432022.



Creative Visualization is the art of using mental imagery and affirmation to produce positive changes in your life. This book contains meditations, exercises, and techniques that will help you increase your personal mastery of life. You will also learn how to: feel more relaxed and peaceful, develop your creative talents, reach your career goals, dissolve negative habit patterns, and increase your prosperity.

Diet for a New America

By John Robbins
\$13.95. paper. ISBN 0913299545.

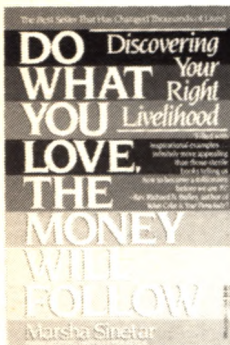


Diet for a New America is a probing look at our dependence on animals for food, and the profoundly inhumane and unhealthy conditions under which they are currently raised. It is a well written and moving account of these conditions, and reveals the physical, emotional and economic price we unknowingly pay.

Do What You Love the Money Will Follow

Discovering Your Right Livelihood
By Marsha Sinetar
\$8.95. paper. ISBN 0440501601.

This is the step-by-step guide to finding the



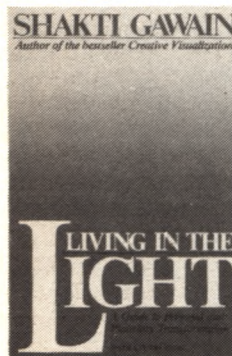
"work" that expresses and fulfills your needs, talents, and passions. Using dozens of real-life examples, Marsha Sinetar shows you how to overcome your fears, take the little risks that make big risks possible, and become a person whose work means self-expression, growth, and love.

How to Meditate
By Lawrence Leshan
\$4.50. paper. ISBN 0553244531.



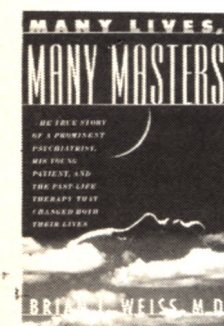
This simple and straightforward guide provides an easy to follow and realistic approach that allows you to bring meditation into your daily life. Leshan programs and exercises provide practical tools for you to begin your journey and explore the many paths of meditation.

Living in the Light
A Guide to Personal & Planetary Transformation
By Shakti Gawain with Laurel King
\$9.95. paper. ISBN 0931432146.



Living in the Light will show you a new way of life—a way of becoming "a channel for the creative power of the universe." The key is in learning to listen to your intuition, and to act on it at all times, even at the risk of going against old patterns, expectations, and belief systems. The rewards are personal fulfillment, aliveness, and creativity, as well as a complete transformation of the world around us.

Many Lives, Many Masters
By Brian L. Weiss, M.D.
\$10.00. paper. ISBN 0671657860.

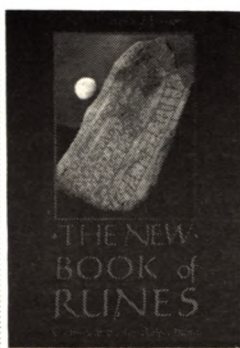


As a traditional psychotherapist, Dr. Brian Weiss was astonished and skeptical when one of his patients began recalling past-life traumas that seemed to hold the key to her recurring nightmares and anxiety attacks. His skepticism was eroded, however, when she began to channel messages from "the space between lives," which contained remarkable revelations about Dr. Weiss's family and his dead son. Using past-life therapy, he was able to cure the patient and embark on a new, more meaningful phase of his own career. A remarkable true story of spiritual growth and transformation.

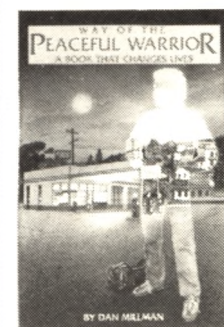
began to channel messages from "the space between lives," which contained remarkable revelations about Dr. Weiss's family and his dead son. Using past-life therapy, he was able to cure the patient and embark on a new, more meaningful phase of his own career. A remarkable true story of spiritual growth and transformation.

The New Book of Runes
(Includes Runes, Pouch and Book)
By Ralph Blum
\$27.50. cloth. ISBN 0312007299.

A thousand years ago, the Vikings employed the Runes as an Oracle: a means



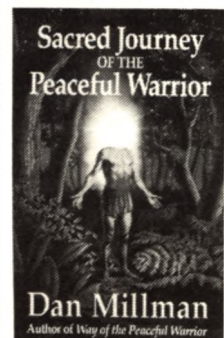
of insight into the present and future. Now, after research into history, philology, and archaeology, Ralph Blum has devised a system for using the Runes as a contemporary Oracle. Akin in function to the Tarot and the I Ching, the Runes are a means of communication with the knowledge of our subconscious minds.



Way Of The Peaceful Warrior
A Book That Changes Lives
By Dan Millman
\$10.95. paper. ISBN 0915811006.

Guided by a powerful old warrior named Socrates, Dan Millman journeys into realms of flesh and spirit, romance and terror, light and darkness, and laughter and magic in order to learn what it means to die and live like a warrior.

Sacred Journey of the Peaceful Warrior
By Dan Millman
\$11.95. paper. ISBN 0915811332.

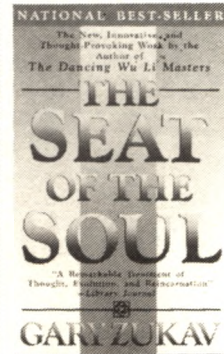


This is the inspiring sequel to the best-selling *Way of the Peaceful Warrior*. Four years after training with the old warrior he calls Socrates—in spite of all he has learned—Dan Millman confronts personal failure and growing frustrations. Disillusioned with his life, unable to bridge the gap between knowing and doing, Dan sets out on a worldwide quest to rediscover his sense of purpose and source of inspiration.

A buried memory sends Dan on a search for a woman shaman, deep in a Hawaiian rain forest. She is the gateway to all his hopes and fears—and only she can prepare him for what is to come.

In worlds of shadow and light, Dan encounters inner tests, mortal challenges, shocking revelations, and unforgettable characters as he ascends the warrior's path to wisdom and peace. This is the sacred journey we all share, the journey to the Light that shines at the heart of all our lives.

The Seat of the Soul
By Gary Zukav
\$10.00. paper. ISBN 067169507X.



This is a brilliant exploration of the remarkable path of the spirit that each of us is on. With lucidity and elegance, Gary Zukav explains that we are evolving from a species that pursues power based upon the perceptions of the five senses—external power—into a species that pursues authentic power—power that is based upon the perceptions and values of the spirit.

Using his scientist's eye and his philosopher's heart, Zukav shows how

infusing the activities of life with reverence, compassion, and trust makes them come alive with meaning and purpose. He illustrates how the emerging values of the spirit are changing marriages into spiritual partnerships, psychology into spiritual psychology, and transforming our everyday lives.

Psychology

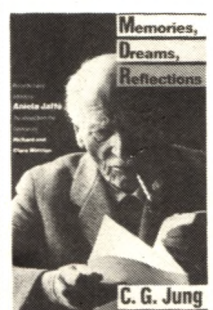
Feel the Fear and Do It Anyway
By Susan Jeffers, Ph.D.
\$9.00. paper. ISBN 0449902927.



SUSAN JEFFERS, Ph.D.

Dr. Jeffers outlines various concrete techniques for turning passivity into assertiveness. This practical guide will help you reeducate your mind to think more positively by utilizing a 10-step Positive Thinking Process that outtalks the negative "chatterbox" in your brain. The reader learns to use effective techniques such as affirmations and visualizations to achieve an optimistic attitude in the face of crisis.

Memories, Dreams, Reflections
By C.G. Jung, recorded & edited by Anelia Jaffe
\$10.95. paper. ISBN 0679723951.



In the spring of 1957, when he was eighty-one years old, C.G. Jung undertook the telling of his life story. At regular intervals he had conversations with his colleague and friend Aniela Jaffe, and collaborated with her in the preparation of the text based on these talks. On occasion, he was moved to write entire chapters of the book in his own hand, and he continued to work on the final stages of the manuscript until shortly before his death on June 6, 1961.

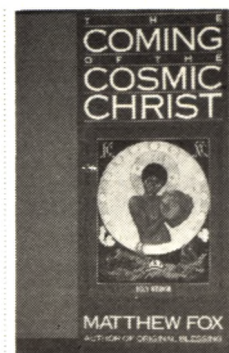
For anyone interested in the life and work of C.G. Jung, this autobiography is perhaps the best place to start.

Western Traditions

Black Elk Speaks
Being the Life Story of a Holy Man of the Oglala Sioux
By John G. Neihardt
\$9.95. paper. ISBN 0803283598.



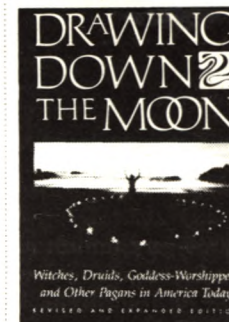
Black Elk recounts his life from childhood up until his tribe was moved to the Pine Ridge Reservation in 1890. Through a vision he had received as a child, Black Elk had hoped to help restore his nation's physical and spiritual vitality. This book was written so that his beliefs and hopes would not die with him.



The Coming of the Cosmic Christ
By Matthew Fox
\$14.95. paper. ISBN 0060629150.

Matthew Fox's passionate work documents a paradigm shift—from our quest for the historical Jesus to our quest for the Cosmic Christ, a vital and living cosmology at the core of Christianity. Having lost touch with this core, we need to reground our faith in a mystical and transformational worldview that will heal mother Earth and usher in a global renaissance of the spirit.

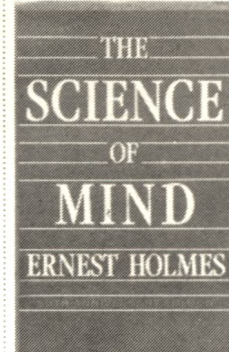
Drawing Down the Moon
Witches, Druids, Goddess-Worshippers, and Other Pagans in America Today
By Margot Adler
\$16.95. paper. ISBN 0807032530.



Margot Adler takes an honest look at the religious experiences, beliefs, and lifestyles of the people who call themselves neopagans. She attended many ritual gatherings and discovered that, contrary to stereotypical images, most neopagans have no gurus or masters, that their beliefs are non-authoritarian in spirit, and that they find inspiration in ancient deities, nature, myth, even science fiction.

This revised and expanded edition of this classic work now includes information on men's spirituality, Druids, Norse Paganism and a complete resource guide of newsletters, journals, books, groups, and festivals.

The Science of Mind
50th Anniversary Edition
By Ernest Holmes
\$21.95. cloth. ISBN 0399150072.



Now available in this 50th anniversary edition, *The Science of Mind* is a perennial classic that has been reprinted 40 times. Intended to serve as a user's manual for mind, Holmes details the amazing, subtle powers of the mind and how to use them. Further, he explains many of the basic truths known to the enlightened of all ages, and distills these principles into primary elements so they can be easily understood by the reader.

Secret Teachings of All Ages
By Manly P. Hall
\$24.95. paper. ISBN 08931444830X.



The primer of mystical thought as it has been handed down through the ages, Hall leaves no stone unturned in this encyclopedia of esoteric teachings. Topics covered include Masonic, Hermetic, Quabbalistic and Rosicrucian philosophy.

